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PATRON

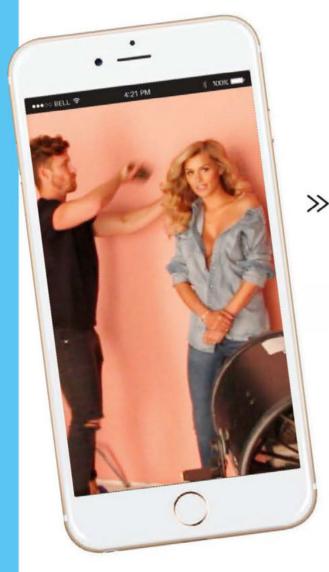
1. head & shoulders Smooth & Silky Shampoo and Conditioner, \$6.75 each

with Covergirl

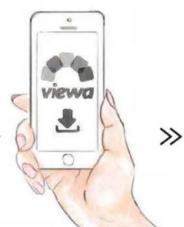
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- 4. Covergirl Colourlicious Lip Gloss in Honeyed Kiss, \$16.95 5. Covergirl Eye Shadow Quad in Go for the Golds, \$14.95

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Page 90: Beauty director Leigh shows how to get voluminous hair that lasts.

Page 101: Laura Wells in Cosmo's Woman On Top web series.

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Scan this page for every bit of bonus content.

dwina Bartholomew (Sunrise weather presenter and Dancing with the Stars co-host) is one of my favourite people to follow on Instagram. Recently, after discovering a friend (whom she never knew was pregnant) had had a baby, she realised that work, travel and generally being busy meant she had lost touch with many of her mates. So she started a project called #52friends whereby she catches up with one friend each week for a year and asks them a series of questions and reconnects with them, then posts a lovely photo with even lovelier words and memories about each friendship on Instagram. I LOVED this idea and have really enjoyed reading each post. In fact, I loved it so much that I decided to do the same thing with my friends. Except life got busy and I forgot to start. #friendfail.

Friends have been a hot topic in the Cosmo office this month, hence our detailed guide on building a solid girl group p58. Research shows that there is a six-year window from the age of 22-28 when you're most likely to meet and make your forever friends. This is SO true in my case. It's not that I didn't have or like my friends from school and uni, but I guess it makes sense that your early twenties is the time that you truly start figuring out who you are and what you want out of relationships in your life. I moved from Brisbane to Sydney when I was 21, started a new job and the women I became friends with in those first few years are still the people in my "ride or die" inner circle today.

I've been through everything with these women, from new jobs, break-ups, relocations, weddings, miscarriages, births and all the ups and downs in between. Some of these women I speak with daily or weekly and others I touch base with monthly - but that's the beauty of great friendships. While they definitely need nurturing, the good ones are always there in the background ready to pick up wherever you left off (usually over pasta and wine).

So, here is my abridged version of Edwina's #52friends... it's called #6friends.





Coloured cushions p165





Ice-cream

sprinkled with Milo on top. So

simple but so yum.

EDITOR Bronwyn McCahon

Deputy Editor Claire Askew Creative Director Leisa Maait

FEATURES

Associate Editor Lauren Sams Can't go wrong with Lifestyle Director Alexis Teasdale ice-cream Features Editor Rebecca Sloan served Features Writer Julia Naughton between Beauty & Lifestyle Assistant Cassidy Loane biscuits.

FASHION & BEAUTY

Fashion Director Nicole Adolphe **Beauty Director** Leigh Campbell Senior Fashion Editor Charlotta Backlund Junior Fashion Editor Nicole Lucas Fashion Office Coordinator Lauren Pirreca For a fast brulee, cover the bottom of a dish with raspberries, layer over with cream and Greek yoghurt, cover in dark sugar, bake for three mins and serve.

A naughty sundae (in a martini glass. layer crushed ginger biscuit, crushed berries, whipped cream and pour over liqueur of your choice).

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Samantha Stewart, Serena Coady

apple slices and some cinnamon. Cook and add cream. Drool.

Puff pastry, a few

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new

Natural, yadda, yadda, yadda, yadda, yadda.



What our new natural Goodness skincare delivers is a mega-omega blast of chia seed oil for healthy great-looking skin. What is doesn't deliver is a load of beauty industry drivel. Gotta love that. Pick it up at participating Priceline, Priceline Pharmacy, Chemist Warehouse, My Chemist and Woolworths stores.

dness

GOODNESS FOR YOUR SKIN, YOUR POCKET AND THE PLANET.



f goodnessproducts.com



1. THE FOOD

The RSPCA's Cupcake Day on August 17 is the perfect excuse to eat a ton of baked goods. (Like you needed one!) For info on how to take part, visit rspcacupcakeday.com.au.

2. THE AWARDS

After Beyoncé performed almost her entire album at last year's MTV VMAs, our hopes are high for the ceremony on August 30! Tune in to see all your favourite celebs on the red carpet, followed by some show-stopping muso talent.



Cosmo's run-down of all the cool things you need to do, see, hear and talk about this month 5. THE SHOPPING

WHAT'S HAPPENING,

Launching for the first time on August 15, The Wild Collective is a two-day shopping extravaganza in Melbourne's CBD. For event info visit thewild collective.com.au.

6. THE CONCERT

The boys from Passion Pit are back on tour from August 21-25, supported by The Griswolds - and we're beyond excited! For more deets and tix. visit ticketmaster.com.au.

PASSION PIT

4. THE BEAUTY

3. THE WORKOUT

Grab your gym buddies

routine a boost by taking

in Sydney on August 23.

thecolorrun.com.au - and

and give your exercise

part in the Color Run

To register, jump on to

check out the dates for

the upcoming runs in

Adelaide, the Sunshine

Coast, Perth and Melbs.

We've just found out chia is much more than just a super-food - apparently it's a beauty-must too. Goodness Natural Beauty Lab's Certified Organic Chia Seed Oil (RRP \$19.95) gives your skin a mega omega boost. For more information check out goodnessproducts.com.

7. THE HAIR

Head into Sydney CBD on July 10 for Cosmo's Friday Night Hair Event and surprise reveal! Spots are limited so keep an eye on our Facebook page

(facebook.com/ cosmoaustralia) for deets.

8. THE BUBBLY

Raise a glass to surviving the last month of winter! We're popping the cork on these adorbs 200ml piccolo bottles of Henkell Trocken for a creamy yet crisp drop of sparkling wine. (RRP \$93.60 for 24.)

9. THE SHOW

Be entertained by netball legends Liz Ellis, Sharelle McMahon and Catherine Cox in their upcoming stage show called The Centurions, on August 10. See thecenturions.com. au for more.





3 REASONS TO CLICK ON COSMOPOLITAN.com.au THIS MONTH...







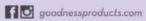
Chia seed oil, blah, blah, blah, blah, blah.

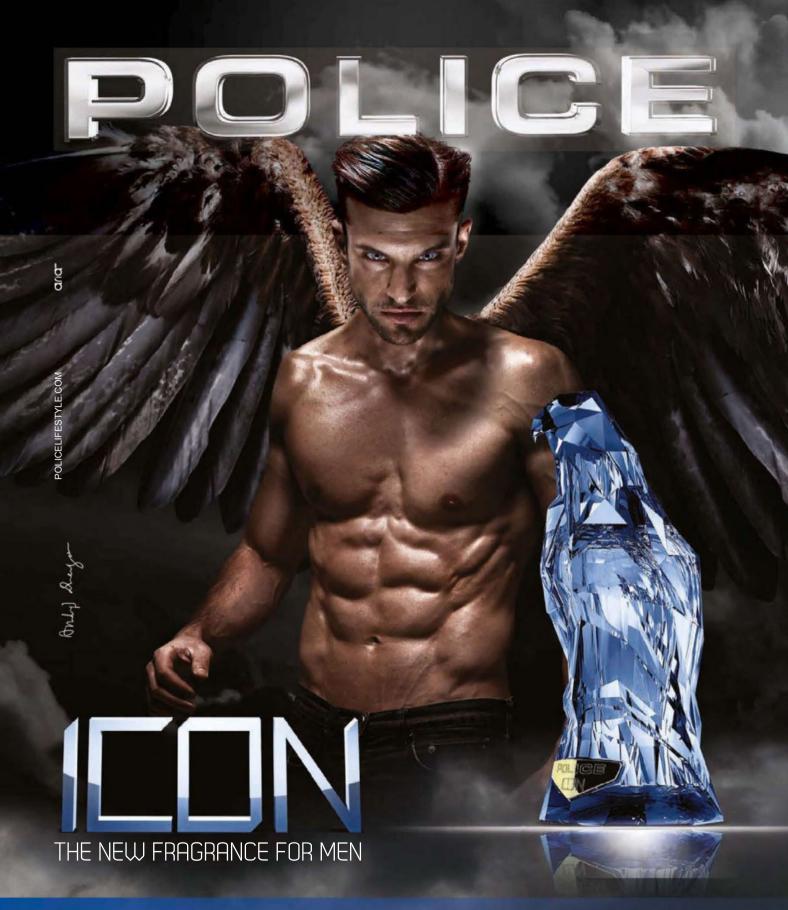


It's chia seed oil. It's a mega-omega blast of goodness for healthy great-looking skin. What more do you need to say? New Goodness is totally natural, straight up skincare with no added beauty industry bollocks. Pick it up at participating Priceline, Priceline Pharmacy, Chemist Warehouse, MyChemist and Woolworths stores.



GOODNESS FOR YOUR SKIN, YOUR POCKET AND THE PLANET.





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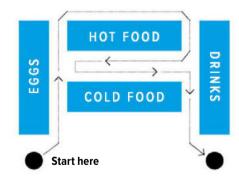


Foolproof ways to navigate a smorgasbord and not come out with egg on your face

breakfast buffet feels a little bit like a licence to shoplift. Only instead of stuffing your pockets with DVDs and glitter pens, you stuff your mouth with hash browns and omelettes. Now we call it a breakfast buffet but what it really is — and what we should all refer to it as going forward — is the slippery slope of happiness. Do it right and go through your day walking on a buttery calorific cloud. Do it wrong and be left with nothing but heartburn and regret.

KNOW YOUR TERRAIN

Lap the buffet before you even think about picking up a plate. Don't be the sucker who picks up whole-wheat toast when there were cheesey muffins further down the line. Here's your game plan:



CEREAL: YES OR NO?

What are you, new to breakfast?! That's a big fat negative. You can have boring cereal at your boring house. Put down the granola and just walk away...

THE BIG BREKKIE QUIZ!

- A) What does Kanye eat for breakfast?
- B) What do you call a person who can't flip pancakes?
- C) How do you know you're at a breakfast buffet, not a lunch buffet?

B) A FLIP FLOP. C) THERE'S NO WINE.

SOME FOODS ARE PLATE PALS, SOME ARE NOT

STICK WITH WHAT WORKS.



Bacon, eggs & toast



Fruit, yoghurt & pastry



Bacon, fruit & dim sum

REMEMBER: DOUGHNUTS WERE INVENTED AS AN EXCUSE TO EAT CAKE FOR BREKKIE.



Take the numbers of your age, add together and divide by five.

Example: maybe you're 23 – so 2+3=5, and 5 divided by 5 = 1. You can have one rasher of bacon. Or perhaps you're only 19? 1+9=10 and 10 divided by 5 is 2. You can double your pleasure. Trust your bacon equation.



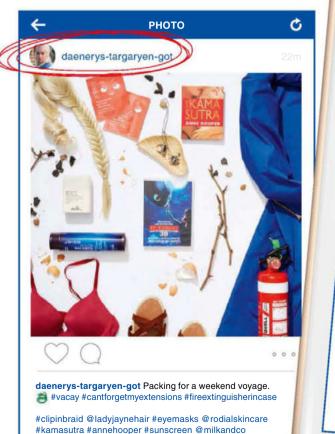
If these TV characters were on Instagram...

THIS IS WHAT WE IMAGINE OUR FAVOURITE
FICTIONAL LADIES WOULD #FLATLAY
IF WE COULD FOLLOW THEM IN REAL LIFE









#shampoo @joico #bra @pleasurestate #sandals @wittnershoes #ring #chain #pendant @thomassaboau



•••oo BELL 🤝

hannahhorvath_girls Taking a quick break from novel writing to find myself... and my wallet. #lol #notlol

#laptop @appleaustralia #condoms #cupcake @sparklecupcakerysydney #coffee #backpack @_mimco #cardigan @boden_clothing #skirt @official_minkpink #brooch @karen_walker



Are you happy in your job?

d 66% √

Which of these bosses would you choose?



David Brent from The Office



Miranda Priestly from The Devil Wears Prada **33%**

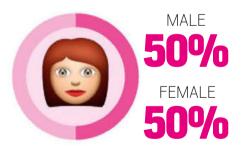


Don Draper from **Mad Men**

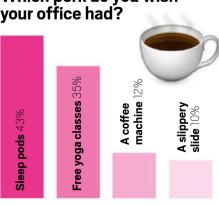
YOUR OFFICE

We asked you to spill the deets on your workplace

Is your boss male or female?



Which perk do you wish your office had?



What do you do when you're avoiding work?

54% **BROWSE SOCIAL MEDIA** TAKE A LONG COFFEE BREAK SHOP ONLINE



1 in 5 of you have eaten someone else's food from the work fridge





WANNA GET SOME GELATO?



Fictional real conversations with Cosmo's long-standing relationship columnist. 70ë Foster Blake

CARLA: I may as well be single. I live like I'm single, random hook-ups aside. ZO: False. Single girls wax way more than you. CARLA: Why bother waxing? Who's seeing my cha-cha? **ZO:** It hurts much more if you leave it too long. I once had a baby and left it six months. I'd know. CARLA: I did the math – he's away more than 60 per cent of the year. That's over half of my year spent alone.

ZO: Honey, I don't know what you want me to say... He has a job that means he has to be away a lot. It is what it is. You knew this when you met him, right? CARLA: Yes, but you don't think about shit like that when you're falling in love over a bowl of wedges at the pub. ZO: No, you don't. But you have to accept it when it becomes your life. CARLA: I cracked it the other night on FaceTime. I told

him he needed to get a new job. That I couldn't take it any more. Why should I settle for living in an empty apartment with a ghost boyfriend when I'm in my prime?

ZO: 'Cos you love him? 'Cos he's awesome? 'Cos he makes you a more pleasant, tolerable human being? 'Cos he rings ahead and gets champagne sent to the table when he knows us girls are out to dinner? 'Cos he has a big... **CARLA:** Stop it!

ZO: Heart. I was going to say he has a big heart.

CARLA: He really does. That's part of the problem. I just miss him so much. I pine away my nights till he gets home every fortnight. There's only so much Real Housewives you can watch. ZO: I've done long distance before. I didn't mind it...

CARLA: Yeah, but you're an anti-social writer who would happily live in a cave with just your laptop.

ZO: Maybe. But I felt like I was getting a bonus that the non-long distance girls missed out on. I got to see all my friends all the time, go to the gym, take my niece to the movies, be super-productive while we were apart, then lose myself in a turbo romantic weekend when he was around, without a trace of guilt.

CARLA: You didn't miss him? **ZO**: Of course I did, constantly. But I knew there was nothing I could do about it. So, in that annoying way you hate, I did my best to make it into a positive and enjoy all that selfish stuff you never have time for when you're living together or are in each other's pockets all the time. Plus, I worked. I wrote a novel with all the time he was away.

CARLA: Well, aren't you just the best?

ZO: The point is, you can mope and complain, or you can do something constructive with the free time. Also, you get to nail the art of sexy Skype. CARLA: I don't write books. Plus, no offence, but working



"My boyfriend is away with work for more than half the year"

on weekends is really not my idea of fun.

ZO: Then do a course. Do something for the homeless. Paint your apartment... Do something you can look back on proudly when you two live together all year round. CARLA: I still think he should quit that friggin' job.

ZO: That one that earns him a ton of cash and he went to uni for five years for and he really loves?

CARLA: I find it ridiculous there are no engineer jobs here he can do.

ZO: Listen. You can love this situation, change it, or leave it. But for God's sake just do something 'cos it's doing my head in hearing you whine all the time. And I reckon it's doing his head in, too.

CARLA: So it's my fault?! ZO: Love it. Leave it. Change it. Choose one and don't waste your "prime", as you call it. CARLA: Maybe I'll start making wanky artisanal gelato. Happy?

ZO: Yes. Please make a maple syrup flavour. Thanks.







@zotheysay







REAL DEAL

OR

SWEET
TALKING
PLAYER?

There are some infallible, Sherlock-inspired ways to tell the difference between Mr Right and Mr Not Quite, says Emma Markezic

et me start by saying this is an excellent and completely valid question. One that your friends won't necessarily be able to help you answer either, no matter how many man-hours and margaritas you throw at it. But hey... that's what you have me for, ladybros! And I'm picking up the angst you're putting down. Because there's something quite disorienting about those first few dates - in a good way, of course, but it can leave you questioning whether he's too good to be true. After all, he's charming and witty and incredibly attentive - he makes you feel special. The problem is these traits describe both a successful

womaniser and the perfect boyfriend. So which is he? You're pretty much intoxicated with hormones at this point, so it's hard for you to tell the difference. Allow me to be the sobering coffee-like substance to your drunken love and give you the hard facts. Here are the top three ways to tell if he's in it for a good time, not a long time.

His social media feed is busier than a mosquito on a nudist beach

If his Facebook wall is a never-ending tickertape parade of "Miss that face", "Catch-ups soon please!" and "When are we hanging out?" then you might not be the only chickadee on his radar. A Casanova doesn't have any actually platonic gal pals because flirting with women is his default position. To him,

every friend could come with benefits if he sticks at it long enough. And the biggest giveaway is right there in his comments section. In return, he refers to pretty much every one of them as "babe", including you. Men are a little like taxis, you see. While women are often open to picking up the right guy from the moment they hit puberty, men go through a huge chunk of their lives just cruising around with their light off. But then one day, out of nowhere, that little light flickers on. Suddenly the next girl he pulls up to the curb for, he commits to. It's all timing, baby. So if his feed features more hoes than bros. his light probably ain't getting any juice just now. It's not your shiny hair and gorgeous personality that will turn it on, either – it's a case of bad timing. He's clearly keeping his options open, so if the script feels off, it probably is.

He plans so far ahead you've already mentally named your grandchildren

He's been using "we" since date two. Possibly even date one, if you count how he joked about going to Spain together when you made mention of how much you love sangria. He also casually talks about how he made a mental note of when your birthday is and what kind of chocolate you like for when Easter rolls around. In short, he isn't afraid of talking about the future. He's positively excited about it, in fact. And just quietly, you flippin' love it. How could you not?! The problem is, a womaniser knows this. He's aware that the very idea of a mini-break is enough to get you hot under the faux-fur collar. And he uses it to his advantage. Not



only that, he doesn't feel guilty when he breaks up with you and demolishes those plans. To him, it's all just talk. Even when you're left shattered and wondering how a guy could talk about you meeting his mum when he never really intended for it to happen. But he's not being malicious - not really - he's just playing the crazy game we call "modern dating". Sadly, it's nowhere near as fun as Candy Crush Saga.

He says you're more attractive than a Victoria's Secret model

Hey, maybe you do look like Chrissy Teigen – but roughly six billion people don't. So if he's making out like you're her hotter younger sister before you've even had dessert, read on. In fact, if he says he's mesmerised by your eyes, could stare at your lips all day and can open up to you in a way he's never been able to with another woman - he might just be pulling your leg. Or, at least, he wants to... in bed later that night. A guy who's truly into you thinks these things but this early on is probably too intimidated by his feelings to actually tell you. It's one of life's cruel ironies. Like how Ryan Gosling isn't single and exercise makes you smell really bad. If he gets overly complimentary overly quickly, it's a bad sign. If he's doing all three of the above, then you might want to put the brakes on for a bit and see if he comes running back. If he does – go forth and copulate! If he doesn't, he was just talking the talk. Which means there are better things coming your way. And that's a promise. Because the in-it-for-a-longtime guy will be more fun than Candy Crush Saga and margaritas combined.

FIVE QUESTIONS I HAVE FOR...

You realise using the word "whey" on your packaging makes me think of **Little Miss Muffet?**

Who thought of red velvet cupcake flavour? They deserve a medal. I'm slightly more enamoured with your bar-shaped cousins. Do you think chewing might be more important than you make out?

You're aware that you're nowhere near as delicious as an actual steak, right?

You're basically Milo in a big black tub. How did you convince us you're the Arnold Schwarzenegger of powders?

YOU REVEAL YOUR BIGGEST WHAT-WAS-I-THINKING? **MOMENTS**

contess



"I like cats more than I do people, because cats don't talk back."

- Danielle, 23

"I WAS SINGING IN THE SHOWER THE OTHER DAY, AND MY ROOMMATES CAME IN TO ASK IF I WAS OK. I CAN'T SING TO SAVE MY LIFE. I SOUND LIKE A DYING CAT."

– Gabi, 21

CELEB CONFESSION

"ONCE WHEN I WAS IN [HIGH]

SCHOOL, I got off the school bus, put my book bag on and, unfortunately, my skirt went up with the bag. So I was walking with my undies totally out. I remember all the hollering at me, being like, 'Look at her blue butt!' When you feel the air... and you're like 'That's me they're talking about?' I'll never forget that feeling. So I always do a little check now." - Anna Camp, Pitch Perfect 2

4 GUY CONFESSION

"I WAS ON A TINDER TEAR. USING IT TOO MUCH. I WENT TO A BAR ON A DATE THAT I'D BEEN TO THE WEEK BEFORE WITH A DIFFERENT DATE, AND THAT DATE WAS THERE WITH HER MUM! SHE ACTED SUPER-UNCOMFORTABLE."

- Morrison, 27

"I GAVE MY BOYFRIEND A HANDJOB IN A CHURCH PARKING LOT. ONLY TIME AN HJ HAS EVER BEEN HOT."

- Danielle, 24

UNS

"I swear in French. I believe that swearing in French is way sexier than swearing in English."

- Kenya, 20

"I couldn't properly speak until I was four years old. My parents were extremely worried until I surprised them by belting out Michael Jackson's Dangerous album, which I'd memorised." - Sten, 23



Worst dates ever!

Enjoy these readers' doozies, and be glad it wasn't you

"We were sharing nachos when he told me, 'Be careful - all that cheese is going to go to your hips!"

KELLYN, 27

"He told me he was a satanic devil worshipper and that he cut himself to let the demons bleed from his body."

MAGGIE, 22

"He told me he knew of a good pizza joint in town. Next thing I knew, we were parking in front of Pizza Hut!"

JESSICA, 25

"He asked me to dinner. but instead he drove me around and asked me to play truth or dare. His first dare was for me to let him grab my boob. My first dare was for him to take me home." MEGAN, 21

> We were going bowling, and he asked me why I was wearing sneakers because 'girls are always supposed to wear high heels.' Then, when I ordered a beer, he said, 'Girls shouldn't drink beer."

> > **IRIS, 34**

"I went on a date with this guy who told me that he had his ex-girlfriend's name tattooed above his man parts and, if we ended up together, he'd get my name tattooed over it!" KORTNEY, 22

"He got us kicked out of a concert for starting a fight, then called his ex crying on the ride home."

SHANA, 28

DOUCHE-O-METER

JUST CLUELESS

CHEQUE, PLEASE! SO OFFENSIVE

DERANGED

Campbells.





ENJOYING A WINTRY NIGHT IN?

New Campbell's Simply Soup is the simplest solution to a delicious meal packed with real veggies. Try Butternut Pumpkin: 4 serves of veg delivered in one deliciously smooth, simple soup.

ALSO AVAILABLE IN WINTER VEGETABLE, RUSTIC TOMATO WITH SPINACH AND CREAMY MUSHROOM WITH BEEF STOCK. PROUDLY MADE IN AUSTRALIA.

WWW.CAMPBELLSKITCHEN.COM.AU

WORDS BY LEIGH CAMPBELL. STYLING BY ALEXANDRA WHITING. PHOTOGRAPHY BY SEVAK BABAKHANI/BAUER

"I'm slightly obsessed with this new wave of liquid eye-line textas," says makeup artist Max May from maxmade.com.au.

"Maybe it's in the way you hold it that makes you feel comfortable when taking on what can be guite a daunting task. Like you would hold your art-liner to a piece of paper. These jumbo liners fit firmly in the hand exactly the same way." Here's Max's tips for a crisp line:

> > Start with an eye primer. It makes your liquid liner look bolder and helps it stay in place. Be diligent in the way you massage the primer into the eyelid. The finer the finish the smoother and easier it is to lay down your liner.

Grab yourself some sticky-tape. Lay it down from just under the bottom lashline out towards the ear on the angle you want your flick to sit at. Take a step back to check they're even.

WORDS BY LEIGH CAMPBELL. STILL-LIFE PHOTOGRAPHY BY CHRIS JANSEN/BAUER; SEVAK BABAKHANI/BAUER. PHOTOGRAPHY BY NATIONAL MAGAZINE COMPANY, ILLUSTRATIONS BY INGA CAMPBELL (IKLINGDESIGN COM AU)

From there, run your liquid liner from the inner corner of the eye, working your way out gradually, adding pressure to the texta to thicken your liner the closer you get to the end of the lash.

Draw your flick then peel away the tape. It's that easy! **Note: Have cotton** tips on hand to perfect your liner and flick with!



COLD SORE INSURANCE

NEW from Ego

Helps protect your lips against cold sores.



Virapro X contains lysine and has been developed to work in three ways.

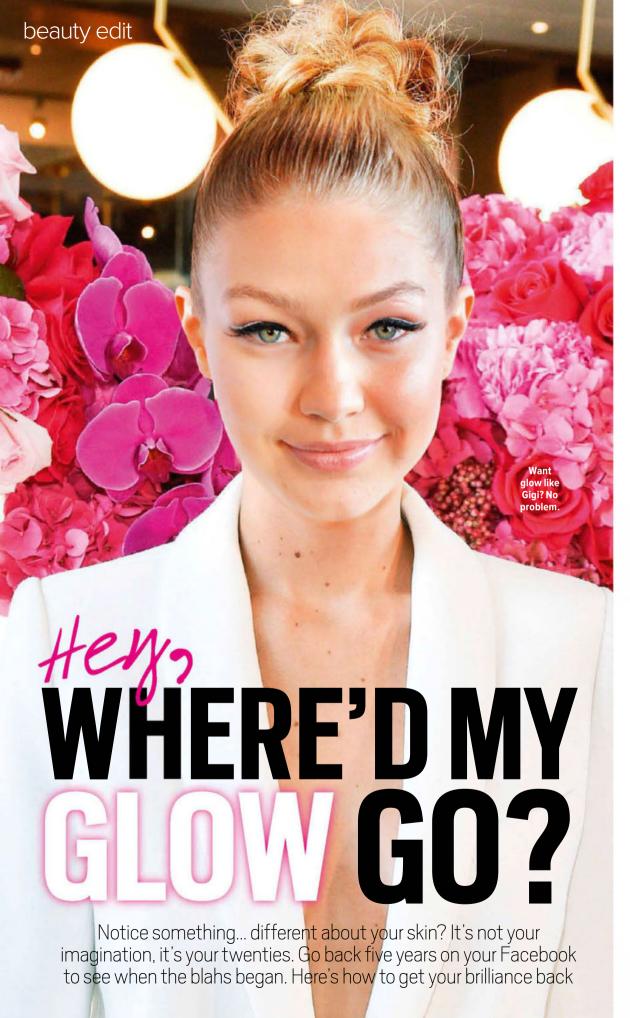
- → MOISTURISER Helps keep lips hydrated.
- → SPF 30 SUNSCREEN Helps prevent UV damage.
- PROTECTION Helps maintain lip health.



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SHINE AGAIN

Luminosity is the elusive goal when it comes to radiant skin. So how do we get it? With a mix of exfoliating acids and active anti-oxidants. "This complex of biocompatible alphahydroxy acids in this serum eliminate dullness overnight, so you wake up every day with smooth, plump, radiant skin," says Jacob Stanley, Mecca national training manager.





PUT SOME BOUNCE BACK

When it comes to your face, losing that "baby fat" may not be such a good thing. What's actually disappearing is collagen and elastin, causing a loss of volume and slight drooping. According to dermatologist Dr Carlos Charles, using retinol at night can stimulate production. (Try StriVectin-AR Advanced Retinol Night Treatment, \$125.) Elizabeth Arden's new serum (left) fights slack skin with liquorice extract. Most importantly, protect your assets. "Daily UV exposure causes collagen loss over time," says Dr Charles. Simply wearing SPF every day can save face.



Skin damage or hormonal birth control can cause visible blood vessels and increase your chances of brown splotches (aka melasma) on the forehead, cheeks and "moustache" line. Even if you're not on the Pill now, Dr Wexler says, "Once you've taken the hormones, you are prone to pigmentation for years after stopping it." To the rescue - SkinCeuticals' gel-serum (above), which is packed with niacinamide, a proven

skin brightener.





SMOOTH THE SURFACE

You see visible effects of UV damage 20 years after it occurs, says dermatologist Dr Patricia Wexler. So that sunburn from when you were seven may show up when you're 27 – likely in the form of large pores (the sun zaps elasticity, which props up pore walls). Daily salicylic acid (above) will prevent clogs and whiteheads.





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Always read the label. Use only as directed. If symptoms persist see a healthcare professional. ASMI 24530-0215





MY FACE ENDS UP **SO OILY BUT STILL** FEELS LIKE IT NEEDS MOISTURISER. PLEASE HELP!

Getting the oil balance right can be tricky. Instead of using any super-light face creams or mattifying lotions (which can leave your skin a little dry), use a medium-

weight face moisturiser. This will give your skin the hydration it needs. Then use a mattifying foundation on top to keep shine at bay.

L'Oréal Paris Infallible 24H-Matte Mattifying Infallible Foundation, \$29.95



Do supplements really help to improve skin?

HYDRATION

You bet! While topical products like serum and moisturiser are great for the outer layer of the dermis, it's hard for them to penetrate deep down. A beauty liquid or powder (mixed with water or in a shake) works from the inside out to boost hydration and feed skin antioxidants to fight damage from pollution, the sun and toxins like alcohol.

Vida Glow 100% Natural Marine Collagen sachets (30), \$59.95; and The Beauty Chef Hydration Inner Beauty Boost, \$39.95



Dr Lewinn's **Eternal Youth** Day and Night Eye Cream, \$69.95

Super-rich creams are great for plumping out lines, while lightweight gels usually help with puffiness, so we can see your dilemma. Go for an all-rounder that treats circles, bags and lines at once. Opt for a metal application that cools and reduces swelling as you apply it. Use the same formula twice a day.

WORDS BY LEIGH CAM BELL STILL-LIFE PHOTOGRAPHY



I'm down with face primer, but what is lash primer!?

Lash primers are relatively new, typically provided as part of a dual product. The newer ones, however, can be used on their own for glossy lashes, under mascara to boost volume, or over mascara like a top coat to reduce flaking and smudging.

More moisture. More bounce.

Neutrogena Hydro Boost™

Wish your skin could bounce back the way it used to?

Now there's Neutrogena Hydro Boost™ to instantly quench* your skin. Formulated with hydrating hyaluronic acid, which retains up to a 1000 times its weight in water, plumping skin cells with intense hydration and locking it in. Keeping skin smooth and visibly healthy, day after day.





and maintenance." "Your colourist will with care as it's a for the lightest **Colour in Think Pink or**

have to remove all the go grey, as you would blonde," says Anthony. stronger process and will need proper prep colour in your hair to "This should be done

then dry. With a colour Platinum to medium ends. Shampoo hair like Dare Temporary blonde suits pastel but don't condition,

> pink, which develops into a rich colour. Opt for a semi-permanent like Vixen War Paint

> > Well, that's over. In its a fierv take on the old to pay the same price

blonde tips were in?

black roots and

highlights brighten the complexion. Do it in your bathroom with a brush-on kit

> pale skin," says Aleks Galleria's co-founder.

in your brunette and

pump up the punch

look matte, so shine

will be the most

Abadia, Esstudio

best suit those with

place is red balayage,

can try deep blue or

Flamingo Feather or Blue Moon, \$19.95 each, use a basting brush to paint ends. Hair Colour in

> Blue Lagoon, \$17.95 each, that eventually

in salon, though, and

\$19.45. Take the time to piece the hair, then

paint each section.

skin tone." Expect to

pay \$150-\$200.

best result for your

after conditioning and

Anthony, founder of

Marc Anthony True result," says Marc

Professional.

Couldn't be easier.

Gloss, \$16.99. Apply wait three minutes.

Colour Refreshing

like John Frieda

face, so be prepared

to commit to the

Preference Brush-on

select lighter or darker shades to achieve the

"But your stylist can

use an at-home gloss

add serious shine,

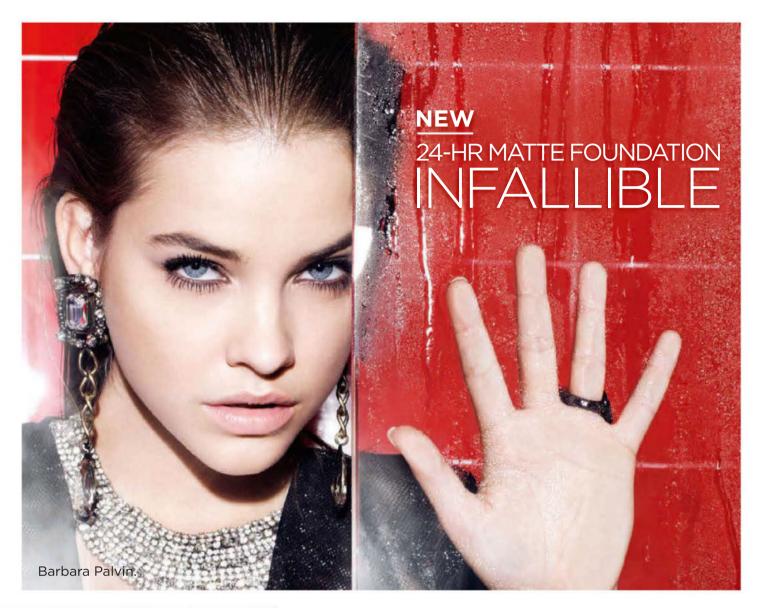
important thing. It can also be draining to the like L'Oréal Paris Glam Highlights, washes away.

renewed as it fades.

red will need to be

Conditioning Hair

ombre look. Expect





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(02 8303 7300). Necklace: \$155, By Charlotte (bycharlotte.com.au). Red stone bangle: \$24, Asos (asos.com/au). Gold bangles: \$139 each, By Charlotte (bycharlotte.com.au). Rings: part of set \$19.99, Equip (equipaccessories.com.au).









Jacket: \$79.95, Paint It Red (paintitred.com.au). Top: \$12.95, Cotton On (cottonon.com/au). Skirt: \$149, $\textbf{Maurie \& Eve (maurie and eve.com)}. \ \textbf{Hat: $99, Lack of}$ Color (lackofcolor.com.au). Gold bangles: \$139 each, By Charlotte (bycharlotte.com.au). Rings: part of set \$19.99, Equip (equipaccessories.com.au).

Top: \$69.95, Neon Hart at General Pants Co. (generalpants.com. au). Knit: worn around waist \$249, Morrison (morrisonshop.com). Pants: \$799, Ae'lkemi (aelkemi.com). Shoes: \$239, Senso (senso. com.au). Sunglasses: \$250, Preen at Sunshades Eyewear (02 8303 7300).









SWEATER SWEATER

\$199, Gant (03 9340 5200)

\$44.80,

Forever 21

(forever21.

com)

\$75, Asos (asos.com/au)

\$346.09, Maison Kitsune at Shopbop (shopbop.com)

> Time to ditch those daggy sweaters! Check out our latest picks to keep you cosy and quirky all winter long

bonjour tokyo.

\$69.95, Subtitled at General Pants Co. (generalpants.com.au)



\$80, Adidas at Glue Store (gluestore. com.au) \$56, Asos (asos.com/au)





WHAT WOULD THE

On-trend style tips from the Aussie stars of Fashion Bloggers on E!



oraclefox.com



What item of clothing would you never wear? TRACKSUIT PANTS WITH HEFT S.



UGG BOOTS IN PUBLIC...

Uggies are great but I save them for home.



Best overseas fashion blog?

I read it every day – they have really fun content and their photography is gorgeous.

What's one thing I can do with the clothes I already have to look more fashionable?

Add a pair of STATEMENT HEELS.









Use a long leather belt and tie it in a knot around your waist over your favourite coat or jacket. It's super-simple and can really elevate your outfit.

If I can steal one item from my boyfriend's wardrobe, what should it he?

Oversized jumpers Jumper: \$69.95, Atmos&here at The Iconic (theiconic.com.au)

AN OVERSIZED KNIT SWEATER. It's perfect weather for rugging up right

now and there's nothing like an oversized knit with a pair of torn skinny jeans.

If I invest in one pair of shoes this season, what should they be?

BOOTS FOR WINTER. I'm obsessed with Alaïa heels at the moment.



With the resurgence of the '70s style trends, I'm loving over-the-knee boots in suede.

Boots: \$249.95, Wittner (wittner.com.au)

What's your foolproof outfit for when you open your wardrobe and have "nothing to wear"?

Jeans, white T-shirt, black blazer and heels. Blazer: \$460, Skin and Threads (skinandthreads.com)

Leather pants and a basic tee. If the weather's on the cooler side, add a tailored coat or jacket with a longer hemline and top it off with an awesome pair of ankle boots.

What's one piece that you will be buying this season?

A FRINGED SUEDE JACKET.

THE "DIOR SO REAL" SUNGLASSES ARE A MUST.

FASHPACKDO?







I may have done it in the past, but I will never wear a flower crown again.





WEAR TONE ON TONE

Layer a few shades of the same colour together in slightly different hues.

> I usually steal a striped, long-sleeved T-shirt and wear it with the arms rolled up.

A GREAT PAIR OF BROGUES.

Try Meandher... Brogues: \$445, Meandher (houseofmeandher.com)

BLACK JEANS, WHITE SHIR AND DROP EARRINGS.

A FRESH PAIR OF FLARES.

I'm thinking Frame Denim in white. Flares: \$329, Frame Denim (edwardsimports.com)



BODYCON.



Raspberry & Rouge from the Netherlands - she's one of my besties.

Experiment with pattern and colour clashes... like fuchsia and pastel vellow. or burnt brown with sky blue. Skirt: \$229, Shakuhachi (shakuhachi.net)

I always steal my boyfriend's white T-shirts! I have broad shoulders so I can pull them off.

POINTED BOOTS WITH



A blazer-style coat, white T-shirt, washed-out denim and a boot with a kitten heel.

I'm about to head back to Europe for summer – so it's gotta be RETRO SUNNIES AND SWIMSUITS.





Drop-crotch anything.



Fashion Squad, The Chriselle Factor and Park & Cube all cover fashion and lifestyle beautifully.

You can easily make your classic pieces fashionable by taking notes on seasonal styling trends.

> I steal my boyfriend's T-shirts when they accidentally shrink in the wash.



POINTED FLATS! Flats: \$159.95, Diavolina at Styletread (styletread.com.au)

A BLACK MIDI-SKIRT AND GREY T-SHIRT. Works every time.

OFF-THF-SHOULDER TOPS.



the unstoppable **Cheyenne Tozzi?** Australia's

everywhere-girl gets real on love, heartbreak and moving forward



t's clear Cheyenne Tozzi is living the fearless Cosmo-girl life when she explains her recent decision to move to Paris: "When you ask for other people's advice too often, you complicate things because, ultimately, you know what you have to do and what you want in life." It's midday in Sydney, one week after Cosmo's cover shoot, and the 26-year-old has just woken from a rare sleep-in - well deserved, since she flew in from Europe overnight.

She's grounded, honest and completely unashamed of throwing in the odd "mate" to close a sentence. It's this innately candid attitude that has allowed Tozzi to continuously redefine her success - whether that's as the model we've watched since she graced the cover of Harper's BAZAAR at 13, a singer-songwriter and solo artist, or the mentor we see on Australia's Next Top Model. Her height-extending limbs and razor-cut cheekbones might have something to do with it, too, along with her solid posse of the rich and famous worldwide (which only serves to reinforce her top model status).

"I was there in Paris for Fashion Week earlier this year and thought, 'Oh this is nice', plus all of my modelling clients are in Europe, so it makes sense to be closer to them and I'll be focusing on my solo music too," she says.

She's found herself an apartment right in the heart of the city. She tells me it's already filled with all of her clothes and most of her shoes, that she's only got two close friends there (but she doesn't mind riding solo) and that the croissants aren't doing her any favours ("It's Paris,

though, and you've got to try things in life, right?").

She certainly has a point. This woman definitely doesn't do things by halves. Time to get to know this Australian model/musician a bit better, quick-fire style.

WHAT'S THE FIRST THING YOU DO IN THE **MORNING?**

Drink warm water with lemon, check emails and call my mum. I'm an early riser and hate being late.

WHEN WAS THE LAST TIME YOU WERE DRUNK?

I don't really get drunk, so it's been a while. I do enjoy my wine, though a red or a rosé.

WHAT'S YOUR FANCY DRESS COSTUME OF CHOICE?

I bought this ridiculously sparkly pink dress in Bali that everyone tells me to throw out, but I can't let it go. I'm obsessed – I call it my "Princess Sparkle" dress.

WHAT'S YOUR NUMBER ONE RELATIONSHIP RULE?

Never change the woman you are. A lot of people - and I've done it myself – morph into what the other person wants you to be or what you think the other person wants you to be. The disappointment when you break up is that you've lost who you really are. Always be the person they fell in love with, if not an even stronger version.

WHAT'S THE WORST **HABIT YOU HAVE?**

Impatience. I can't even stand in a line without freaking out. That's what you get for living in New York for nine years - nobody waits for anything there.

THE LAST BOOK THAT HAD AN IMPACT ON YOU?

Desert Dawn by Waris Dirie. Dirie was a model who had a really heavy childhood. It showed me you can make a change to your life quicksmart just by changing your situation.

> WHO DO YOU CALL WHEN YOU'RE UPSET?

My mum – she knows me back to front. When you're younger you go through "NEVER CHANGF





all these different moods and behavioural stages and then there comes a time when you just start being nicer to your mum. When you get slapped around, you realise the advice that she was giving you was probably the right kind.

WHO'D PLAY YOU IN THE **MOVIE OF YOUR LIFE?**

Ricky Gervais, in drag. I love him.

WHAT'S A NON-**NEGOTIABLE FOR YOU?**

Rudeness. Also, jealousy is a yucky curse. It's way more important to be nice. People

"JEALOUSY IS A YÜCKY CURSE — BEING KIND IS SO IMPORTANT

need to take the bass out of their voice - being kind is so important.

WHAT'S YOUR **FAVOURITE SMELL?**

I love coconuts.

WHAT WAS YOUR LAST **FASHION PURCHASE UNDER \$100?**

Some basic tees. I love Zara and Topshop for that kind of thing.

▶ IF YOU COULD CHANGE ONE THING IN YOUR PAST. WHAT WOULD IT BE?

Probably a few tattoos. I have seven! Sometimes my grandpa looks at me and he wants to kick me in the teeth. I'm like, "Damn it!"

WHAT MAKES YOU FEEL SAD?

When I think about my mum's health (her mother Yvonne has fought bowel cancer and brain tumours) I wonder whether I should be so far away. It always puts you down thinking about a family member, or anybody that might be sick, but you have to stay positive. You can only think so much about what could happen, before it does your head in.

HAVE YOU EVER SAID "I LOVE YOU" AND NOT **MEANTIT?**

No. I don't use that word very flippantly.

WHAT ADVICE WOULD YOU LIKE TO GIVE YOUR YOUNGER SELF?

When it feels like your world has ended, trust that it gets better. Thinking about old relationships doesn't do you any good - you might as well just move right along. As you get older, I think you start to appreciate the little things more and are able to get over things more quickly because of that. Happiness comes from those little things.

WHEN WAS THE LAST TIME YOU CRIED?

When I watched Cinderella. I was bawling my eyes out! I felt like such a dick – it's a bloody kids' movie! Julia Naughton

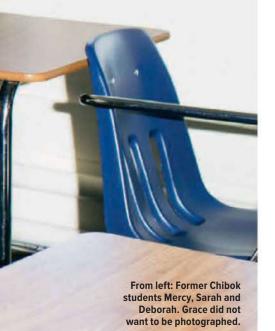






OURGIRLS AN INTERVIEW WITH THE SUDVIVOES

Their kidnapping shocked the world. More than 200 of their classmates are still missing. Abigail Pesta talks to the Nigerian girls adjusting to a strange new life in a small town in the US



race slept though the sounds of gunfire in the night. Exhausted from exams at her boarding school in Nigeria, she awoke when her roommate Mary prodded her, "Get up!" The girls saw a gang of men spreading across the school grounds. "They said they were soldiers. They said they were there to protect us," Grace says. "They told us all to stay together."

Terrified, the girls did as they were told. The men made their way to the pantry, grabbing all the food. Then they headed for the administrative office. On the way they began shouting, "Allahu akbar!" It means "God is great" in Arabic. They lit the office on fire.

"We realised they were imposters," Grace says. "They were not there to help us." But it was too late to run. The girls were forced into trucks at gunpoint. Grace sat with Mary as their vehicle roared off into the dawn. As the school burned in their wake, Grace thought, These men are going to kill us.

That was more than a year ago, in April, 2014. Terrorist group Boko Haram seized hundreds of schoolgirls from the town of Chibok, threatening to sell them as slaves. Global outrage followed. Social media erupted with the Bring Back Our Girls campaign. Hillary Clinton and Angelina Jolie joined the rallying cry. A few dozen of the girls managed to escape. Yet at the time of going to press, more than 200 remained missing, despite there being a recent military offensive that freed hundreds of other captives.

Boko Haram has waged a bloody war in recent years, beheading, burning alive and gunning down thousands of people in an effort to create an Islamic state and wipe out Western influence from the country's schools. At least 2000 women and girls have been kidnapped

since the start of last year, according to Amnesty International. Some were reportedly stoned to death.

Today, Grace is living a world away from all that, at a school in Canyonville, Oregon, a mountain-ringed town in Northwestern America. She and three other Chibok girls are finishing their education at the Canyonville Christian Academy, a cosy boarding school with students from over a dozen countries. Grace wants her tale of escape to be told. But she is not too eager to do the telling.

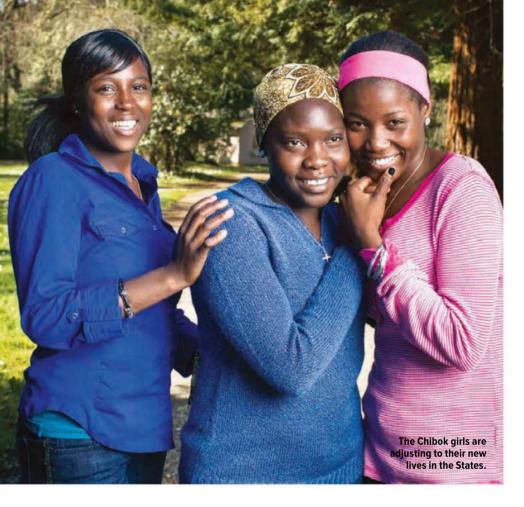
I sense this the moment I meet her. It's a chilly spring Tuesday, and she and the other Chibok girls are relaxing after track practice. Cathy Lovato, the head of school, introduces me, and the girls turn to me, their faces suddenly serious. Grace barely makes eye contact.

For the girls, arriving in America was like landing on Mars.

They had grown up in deeply poor, rural villages with no internet access and in some cases a sole landline phone for the entire village. In America, everything was new: winter weather, puffy coats, remote controls, trampolines, yoghurtcovered pretzels, ice-skating, karaoke. They spoke only a little English.

The first girl to arrive, Mercy, came in November. School president Doug Wead recalls Mercy's first-ever encounter with an escalator. As she stepped onto the moving staircase at the airport, she panicked and dropped her bag. That night, at the hotel, she had a bath and stayed there for hours. "Later, my wife checked in on her, and she was asleep on the bed, lying on top of the fluffy comforter," says Wead. "Her coat was on, fully zipped."

The girls came to Canyonville with the help of a non-profit group in •



Virginia, the Jubilee Campaign, and activists from Nigeria. The girls, all of whom are Christians, live in constant uncertainty, unsure whether relatives are alive or dead, whether their homes have been burned. They keep in touch with loved ones by phone when possible amid the chaos.

Grace arrives for her interview on

a Wednesday afternoon. Wearing skinny jeans and pink thongs, she looks like any typical American student, except for the deep anxiety on her face. A counsellor, Debbie Horton, is

there with me. The Chibok girls, all 18 years old, have been meeting with Horton since their arrival. Grace came here in December with Sarah and Deborah, a few weeks after Mercy. Cosmopolitan is withholding their last names for safety. Grace recently lost her brother, cousin and two uncles, all killed by Boko Haram.

The youngest of five children, Grace imagined becoming a teacher

when she finished boarding school in Chibok. Speaking in her native language and using a translator, she begins to cry, covering her face with one hand, while her counsellor holds the other. On the night of the attack, she says the men drove the girls to a forest, shouting, "You should not have been going to school! We are in control of you now."

> It was light, she recalls, when they arrived at the forest hideout. "The men said there was nowhere to run."

> Grace puts her head down on the table. Outside, students stroll by, laughing. Horton

asks Grace if she wants to stop. She says no and continues, her head still down on the table. She recalls an overwhelming urge to escape the camp. She told Mary she had a plan: she would ask the men if she could go to the bathroom - in the bush - and then run. Mary wasn't sure if that was a good idea. The men were escorting girls to the bathroom and could shoot them dead.

"I decided I would rather die trying to escape than be killed by these men," says Grace.

She stuck to her plan, running for her life. As she crashed through the dense, thorny forest, she had no idea where she was going. Out of the corner of her eye, she could see some other girls fleeing, too, shooting off in all directions. Mary was one of them. She had decided to run after all. But Mary was running in the opposite direction to Grace.

Grace made it to a nearby house, where another girl had also arrived. But they were far from safe. Men from Boko Haram burst in, asking the family, "Are you harbouring any girls?" Grace, hiding, heard the family say no, risking death.

Later, the girls set out for a village, where the residents pointed them towards Chibok. On the road, the girls braved a ride with a stranger in a van. He drove them to a military post. The soldiers gave them food, then headed to the forest to look for more girls.

Grace was at the military post for two days, she says, before the soldiers returned – with no girls. A few days later, she was driven to Chibok. The town was in a state of panic, Grace describes, with parents crying in the streets. There, Grace learnt the fate of her friend, Mary: she had made it out alive. Grace's brother - the one recently killed - brought her home. "My parents cried and cried when they saw me," she says. Later, an uncle heard that activists were helping out the Chibok girls. A plan to come to America started to take shape.

Mercy meets me with a shy smile, modelling a pair of donated tan suede boots.

We talk casually in English, and she giggles about her adjustment to America. The school is arranging for her to stay in Washington, DC, for a coming break.

She tells me she likes to eat noodles spiced with cayenne pepper. She'd never used a computer before Canyonville. When the school gave her an iPad, it was the first time she had seen one. She and her friends took so many selfies, they maxed out the storage. Mercy says she

loves basketball games, where she cheers for both teams. When a teacher advised her to only root for one team, she replied, "But they are all students, yes? I will cheer for all."

When we turn to the abduction, her demeanour changes. Gone is the smile, replaced by a blank, faraway expression. It is as if she has gone to another world.

Mercy jumped off a speeding truck as the terrorists drove the girls to the camp, taking the chance that she might break her legs when she hit the ground. She found her way home, hiding in the bush along the way. Today, she is not up for saying much about Boko Haram. "I pray to God to forgive them and cure their hearts," she says in her native language. "I do not want revenge."

Sarah tells me quietly in English about her own experience. A petite girl in sparkly earrings, she happened to be

As she speaks, she, too, seems to disappear into the past. Horton helps bring her back, talking about her blouse, the table, the colour of her eyes. The girls sometimes get lost in a traumatic memory, Horton explains later, and they need help to connect back to the present and feel safe.

The fourth girl, Deborah, is not ready to tell her story. "Sometimes they seem so young," Horton says, "and sometimes, so old."

The girls will stay in Canvonville for two years.

The school had planned for only one, Wead says, but then teachers realised the girls had the equivalent of primaryschool education. It costs around \$40,000 a girl per year for housing, tuition and other expenses, he explains. The school



away from school the night of the attack. Staying with a friend nearby to help with a wedding, she woke in the night to the sound of men shouting as they torched the school. The next morning she went to the charred grounds. "No one is there," she says. "They are all gone."

Among the missing was her cousin Mercy - the same Mercy here with her in Canyonville. Sarah and her relatives feared they would never see her again. "Everyone is asking, 'Where is Mercy? Where is Mercy?' My grandmother, cry, cry, cry," she says. She dissolves into tears. "I don't like to talk about Boko Haram. They are bad people. Sometimes when you sleep, you dream about them."

started a fund but only raised a fraction of the cost. Still, Wead says, there was "never any question" about helping when Jubilee floated the idea.

Wead hopes that the girls will get scholarships to college. In the meantime, the teachers are helping them navigate their new world – how to use a stapler, the difference between deodorant and a glue stick, why people drag trees indoors at Christmas. (Fake trees, even weirder.) The girls are on Facebook for the first time, says teacher Kim Roome. They are learning how to private message, she adds. "They'll send me a note saying nothing but 'Hi."

Another adventure was online shopping. "They were amazed," says teacher Kristi O'Donnell. "They said, 'All these different stores sell dresses?'" Skimpy swimsuits also surprised the girls, who grew up wearing traditional long dresses.

There are some other cultural disconnects - like getting to class on time. "They're starting to understand," says Lovato. "Now I'll see them running across campus to get to class."

There are rough moments, too. "They're teenage girls. They miss their mums and families," says Roome. "They want to go home for the summer, but it's too dangerous. They have nightmares. They are terrified that Boko Haram will burn the school down. Sometimes they want to sleep with the lights on. They say, 'But it's so black. It's so black.' I tell them, 'They are not coming for you."

Roome and O'Donnell live in the girls' dorm and had to tell Grace that her beloved brother had been killed. "We sat with her and held her hand," says Roome. "All the girls were there. We told them they are in our hearts." The girls didn't feel like eating for days.

When not confronting their past, the girls are in good spirits. On one afternoon, they emerge from class all smiles. They greet me warmly, a total turnaround from their wary greeting the day we first met. They're relieved now; they've told their stories.

At track practice later that day, Mercy comes off the field and picks up her iPad. She is looking at a report about the missing girls back home. She scrolls to a photo of herself with the president of Nigeria. Then she shows me a shot of men riding on a truck bed, waving guns in the air, their faces wrapped in scarves.

"This, Boko Haram," she says. A day ago she wasn't able to talk about her ordeal. But today, she wants me to see.

The school admissions director, Ed Lovato, hears all of this from nearby. He turns to Mercy and tells her gently, "You're safe here, Mercy. You're safe."

HOW YOU CAN HELP

To help the girls finish their education, the school has set up a scholarship fund. Go to canyonville.net and click the link to the Chibok girls.



Cosmo s GUIDE TO **BUILDING A** SOLID GIRL GANG

Ride-or-die mates are worth their weight in espresso martinis, but they're not that easy to come by. We get honest about what it'll take to enter someone's inner circle ••





FRENDSHP
WE MAKE THE TOTAL THE TOTAL

Research shows there's a period of six years in your life when you make your forever friends. We hate to break it to you, but your friendship clock might be ticking, says Erin Van Der Meer didn't meet my friends until my twenties. To clarify: I don't mean that I didn't have any friends until then; my teenage years were a blur of sleepovers, loitering at the local Westfield and house parties with my high school BFFs. But at 28, I'm only friends with one person from that time. I didn't meet the women I call my nearest and dearest – the Thelmas to my Louise – until at least four years after school.

If you had told me in high school that anything could beat the bond I shared with my thengirlfriends, I would have laughed and turned my attention back to giving myself an emo side fringe in the bathroom mirror. But, as it turns out, it was from the age of 22 to now that I have collected my inner circle of hilarious, loyal, inspiring, lovethem-so-much-I'm-gonna-tear-

up-just-talkingabout-'em mates.

This is a normal friendship trajectory, says University of Chicago professor

Bernice Neugarten, who found we make most of our lifelong friendships in a six-year window from approximately 22 to 28.

For most of us, this time frame makes sense seeing as 22 is around the age we start our first full-time job and we spend a *lot* of time at work (on average 39.7 hours per week in Oz).

Dr Gemma Cribb of Equilibrium Psychology adds that it's likely we make closer friendships in our twenties as this is a time when we know ourselves and our interests. "As teenagers we are forced together with people at school," Dr Cribb says. "In your twenties you have a better idea of who you are and can choose people who are more similar to you." They're the first friends we make as a result of adult choices.

I met my closest friends at the first two full-time jobs I had after moving to Sydney. In those early months in a new city I spent my weekends aimlessly wandering through strange new neighbourhoods by myself and pretending I was totally fine with it. I was lonely at times, but looking back I wouldn't change it. I was always available for after-work drinks with my coworkers, and as it turned out I really enjoyed hanging out with them. Instead of just laughing about things that had happened at school, I got to be a new and truer version of myself. I was able to leave behind the bits of my life I felt I'd outgrown.

Bonding over a few wines on Friday nights turned into invitations to birthday parties and eventually legit, actual friends. We left those jobs and there was no obligation to stay in touch but we still do, weekly if not daily. I've holidayed with some, been to the weddings of others. They've comforted me as I cried over my partner's insane hours, and listened as I got brutally honest about family issues. Cribb says this element is just as important as the fun stuff for turning an acquaintance into a friend. "Close friendship only happens when we allow ourselves to be vulnerable and share details of our lives."

I'm not saying relationships founded at a younger or older age don't or can't work out – of course they can and do. You may be more likely to find "your people" in your twenties, but whatever age you're at, it's about being open to making friends as the adult version of yourself (who's no doubt a better judge of character and haircuts).

"SILENT FRIENDS": THESE



9 months

The age we start to understand the concept of friendship.

22-28

The age you make most of your friends.

150

The maximum number of friends it's realistically possible to engage with at one time in your life.

2

The number of friends you lose when you add a romantic relationship to the mix.

Taylor Swift and everyone in her *Bad Blood* video.

ARE THE PEOPLE YOU INTERACT WITH REGULARLY ON SOCIAL MEDIA BUT RARELY SEE FACE TO FACE.

No bad blood between these boss ladies.

396 FRIENDS IN

THE NUMBER YOU'LL STAP IN THE NUMBER YOU'LL

ADDITIONAL REPORTING BY REBECCA SLOAN. GETTY IMAGES

THE ONES YOU'LL COUNT AS BEST FRIENDS FOR LIFE.

GESTURES THAT TURN A WORK **FRIENDSHIP** INTO A WEEKEND **FRIENDSHIP**

She rocks a mean leather pencil skirt and is just generally on point. And you want in on that...



2

Tell her everything about the guy you're dating. Nothing says confidante quite like contraception anecdotes.

3

Figure out which of your boss's habits she hates and hate it too. You're right – she does breathe too loud!

4

Help her cover up a hangover by faking the same symptoms
— must be a bug.

DID YOU KNOW?

68% OF PEOPLE*
WOULD SACRIFICE
A FRIENDSHIP FOR
A PROMOTION.

Casually tell her that she reminds you of Kate Upton in some way.

6

Leave a post-it on her desk with the URL for a hilarious meme written on it. Old skool meets new skool – way more fun than just emailing any old picture.



Start referring to her as Barney (as in Stinson, your office wingman).



9

Add her on Snapchat and send her pics of you doing things on the weekend she'd clearly like to be a part of. Who doesn't want to be friends with a girl who has *all* the fun?

10

Buy a delicious lunch you know will be way too big for one person and offer to share. If she can say no to a pizza, she's probably not the friend you're looking for.



Turn elevator rides into mini relationship counselling sessions. He did what?! I will friend him on Facebook, digitally pee on all of his profile photos and then unfriend him immediately.

12

Suggest a quick postwork bevy on Friday. You can both let your hair down and still be at your respective engagements by 7pm.



13

Maybe she's more the juice cleansing type. Instigate lunchtime jogs instead of lunchtime pizza.

14

Clock when she takes her tea break and conveniently be in the kitchen 30 seconds earlier. Same wavelength!

15

Chuck her a digital solid (read: email) saying you have two free tickets to Kanye over the weekend and ask if she wants to join.



Have her favourite emoji printed on a coffee mug for her desk.

17

Always be there to lend a tampon or headphones.

18

Tell her she's your fave thing about Mondays. (Aside from a crap Monday being a licence to drink wine before dinner).

19

Send her a list of three possible replies when you know she needs to text a new dude back.



Start a game of "Would you rather..." when you're waiting for your boss to arrive for a meeting. Would you rather tap Ryan Gosling or Ryan Reynolds?

21

Turn payday into Cyber Lunch Day. Two girls, one tablet, enough ASOS merchandise to sink a small but sturdy ship.

22

Start your own hashtag. #officebros #jobhoes #workhardplayharder

Get matching personalised pencils. It's the new best friend necklace.

FACT: HAVING A FRIENDSHIP WITH YOUR BOSS OUTSIDE OF THE PROFESSIONAL ENVIRONMENT ENDANGERS YOUR CREDIBILITY IN THE OFFICE, ACCORDING TO RESEARCH.







Bring these emotions >>

EONE REALLY

6pm-10am

Green tea.

Dumplings.

6pm-3am

How long to stay with her >>

7pm-2am

Sip on >

A custom cocktail.

Champagne. Lots of it.

Feed her >>

Sliders.

A dirty street pie on the way home.

Gift her >

Great mingling skills.

A movie with abs. Something that vibrates.

How dressed up to get >>

RARA

RARA

Spotify this >

Iggy Azalea and Britney Spears – Pretty Girls

Grace - You Don't Own Me

Alesso ft. Roy English Cool (edit)

Don't say >

Oh my god, thirty.

I knew he was a dick all along.

So what if you'll never sleep with anyone else ever again.

Do say >

Your boobs look so good.

More dumplings?

You are going to be the hottest bride!

There's a fine art to being a close friend, and these will get you a triple-point score

SHE JUST GOT A FREAKING MAJOR PROMOTION

SHE'S BEEN HAVING A HARD TIME AT WORK SOMEONE IMPORTANT IN HER LIFE PASSED AWAY

SHE'S HAVING TROUBLE FALLING PREGNANT

IT'S HER BABY SHOWER AND THERE ARE GAMES

0

⊕₩

1

<u>...</u>

6pm-11pm

6am-11am

9am-9am

11am-3pm

10am-4pm

Sangria.

Something caffeinated.

A hot chai.

Smoothies.

Pink lemonade.

Tapas.

Eggs benny.

Home-made anything.

Café grub. Sambos and slices.

A tequila shot.

The suggestion of a walk in the sunshine.

Lasagne that she can put in her freezer.

An invitation to something fun.

The nappy bag she really wants. Filled with nappies.



.

Mark Ronson ft. Keyone Starr – *I Can't Lose* Zedd – True Colours

Of Monsters and Men
– Silhouettes

Florence and the Machine – *Delilah*

Angus and Julia Stone

– From the Stalls (edit)

So you'll have to work

Your boss is such a bitch.

They're in a better place now.

It'll happen as soon as you stop trying!

Your tummy is huuuge.

even later?

Tell me everything!

Let's figure out how to deal.

Remember that time she...

That sucks, I'm here for you.

Hey, hot mama. 🕪



Cara **Delevingne** and Rihanna Does serial celeb befriender Cara have room in her phone for RiRi?



Taylor Swift and Katy Perry The break-up of these former pals is immortalised in song. Are you team Tay or Katy?

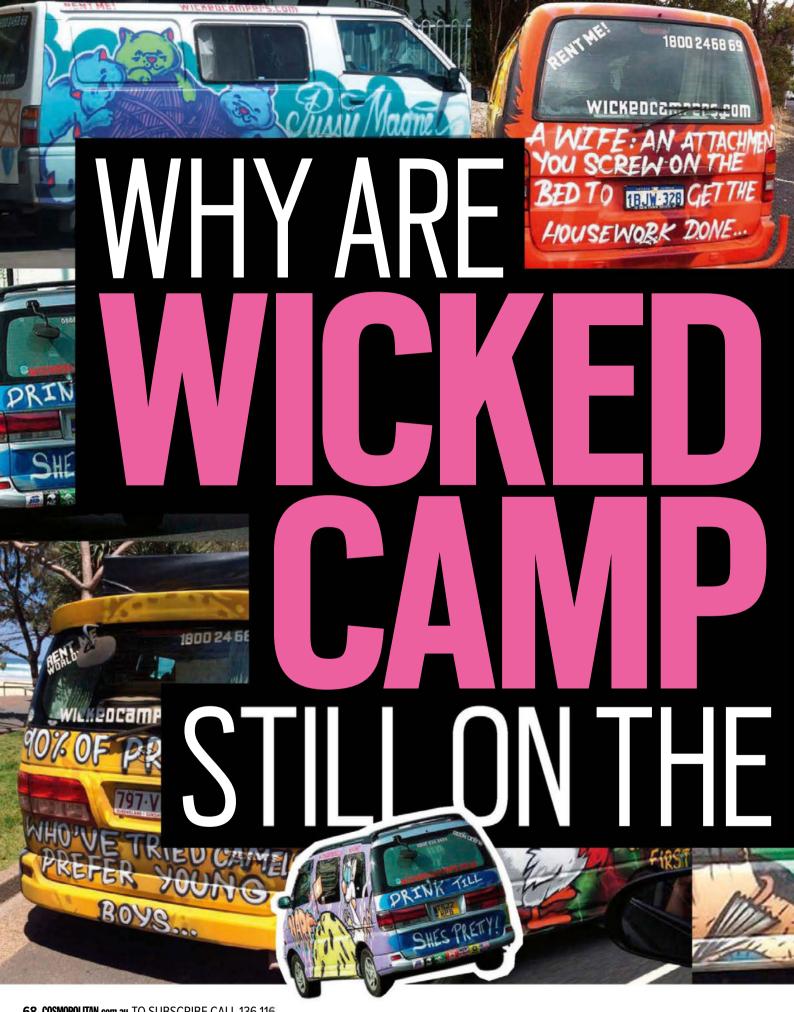
and Ciara

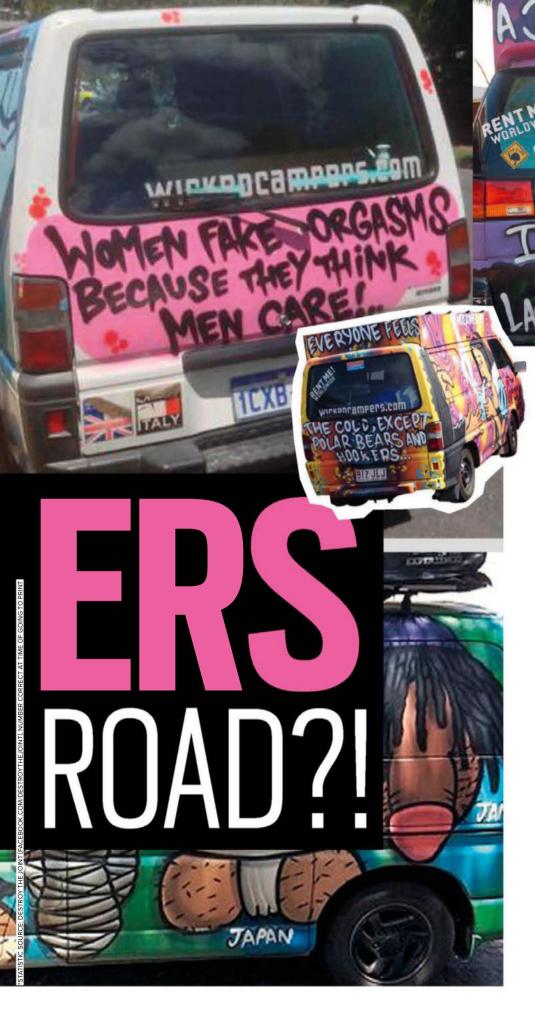
while their

babies have

play dates.







The **most sexist** company in Australia is as misogynistic and offensive as ever. So why can't we do anything about it?

1800 2468 69

n May 28, an unnamed woman was found dead in her South Australian home, becoming one of the 43 women killed violently in Australia this year so far*, joining higher profile cases like that of schoolteacher Stephanie Scott and 17-year-old Masa Vukotic. And by the time this story hits the stands, the number could be even higher. As a nation, we've been outraged by these senseless crimes, and there's a consensus among us that something must be done to stop violence against women. In a landscape where there are far too many women being murdered, why is it still OK for one company to post slogans on their products like, "I've often wanted to drown my troubles, but I can't get my wife to go swimming"? Seriously.



If you've ever been to a holiday spot in Australia or NZ, you've likely seen a Wicked Campers van. Illustrated with graffiti, they often carry slogans ranging from mildly amusing ("I'm not as think as you drunk I am") to just downright offensive ("A wife: an attachment you screw on the bed to get the housework done" and "Fat chicks are harder to kidnap", just to give you a taster).

They've long courted controversy – early on, the company, which is helmed by former mechanic John Webb and his wife, ran a gimmicky campaign offering a free day of van rental to customers who turned up to the store naked. In an interview with *Small Business Big Marketing* (to this day, one of the only public interviews Webb has done), Webb discussed the promotion, saying, "Even if 10 people came in and it was nine guys and one girl, it'll be worth it."

When then-Queensland Premier Anna Bligh criticised the slogan "Save a whale; harpoon a Jap", Webb planned a retaliation involving 10 vans featuring imagery of Ms Bligh with her legs open. The distasteful stunt was pulled at the last minute, but the images are still partially available online.

When Lucy Clark, the former editor of *The Hoopla*, wrote about the company's offensive slogans, Wicked sent a van out bearing the words, "Dear Lucy, I can already imagine the gaffa tape on your mouth."

But things seemed to take a turn for the progressive last year when Sydneysider Paula Orbea launched a change.org petition directed at Wicked. After her 11-year-old daughter had been disturbed by seeing the slogan, "In every princess there is a little slut who wants to try it just once", she urged the local community to sign the petition to show Webb how offensive they found some of Wicked's vans. 127,000 signatures later and Webb agreed to remove all offensive

slogans within six months. In addition, he urged consumers and community members to take matters into their own hands if they found a van's artwork at all troubling, calling on them to simply spray paint over them without risk of recourse. That was July 2014, meaning Wicked should have dumped all offensive artwork by January 2015. Yet *Cosmo* has received photos confirming that there are still offensive vans on the road.

On February 12, 2015, Amanda Hohn saw a van on the Gold Coast whose slogan read, "90% of preists [sic] who've tried camels prefer young boys."

WE EMDLOVED

"WE EMPLOYED
SOCIALLYCONSCIOUS SUPER
MONKEYS TO
SCREAM LOUDLY
WHEN OFFENDED"

On February 24, 2015, Dave Smith took a photo of a Wicked van in Port Adelaide emblazoned with, "A blowjob is a great last-minute gift." And on March 25, 2015, Patricia Long saw a van in Ballina with the phrase, "Everyone feels the cold except polar bears and hookers."

But the fact that Wicked vans are still on the road is nothing compared to what came next. In April, the Women's Refuge New Zealand called for a ban on Wicked's misogynistic slogans, posting an image of the "can't get my wife to go swimming" slogan on its Facebook page. The post made headlines when NZ mum

Karen Edwards joined the campaign, explaining that she'd been personally triggered by the slogan – in 2012, her own daughter was drowned to death by her abusive partner and the father of her two children. She was 21 years old.

WICKED CAMPERS' RESPONSE

The company's reaction to the media shitstorm that ensued was to circulate their own press release in which they mocked the complainants by claiming they'd hired a "Moral Monkey Squad", "dedicated to satisfying the whims and wishes of the humour-inept, self-righteous moral majority." The press release went on to say that anyone found spray-painting over the vans from now on would be prosecuted. So in response to a grieving mother who was upset by an unnecessary, violent slogan, Wicked responded with nothing more than derision and mockery.

Orbea, who launched the petition in 2014, is outraged that the vans are still on the road. "They've gotten away with it in the past, but now they have lied (by promising to remove the slogans and not following through). Having these slogans around disrespects our public space. Where is the line? Where can we have a space that's free of this stuff?"

It's a sentiment that Jenna Price, co-founder of national anti-sexism movement Destroy the Joint, agrees with. "Wicked tries to be amusing but they are harmful. We need to think about how we portray women publicly. It's not about free speech. It's about not laughing at violence against women. It's about taking women seriously as people."

Senator Larissa Waters, inspired by Orbea's petition, took a motion to the



Senate last year to ask for condemnation of the company. The Senate voted in her favour. "When we are finally having a much-needed, long-overdue conversation about domestic violence, to make light of violence against women is atrocious," said Senator Waters of the "drown my troubles" slogan. "This is a matter of life and death for many women, and to ridicule that is deplorable." She, too, is saddened to hear that the vans are still in operation. "I wrote to Wicked back in February, and [several] months on, they haven't written back at all."

BAD BEHAVIOUR

This is nothing new for Wicked. The fact is, there have been a lot of complaints about Wicked Campers over the past few years, concerning its offensive slogans and rude pictures. And yet, due to legal loopholes, the company hasn't had to take any responsibility for their actions. While Australia does have laws about hate speech and sex discrimination, at the end of the day, being offensive isn't illegal. Recently, Lonely Planet removed the company from their referrals list, acknowledging that as a family-friendly travel company they could provide plenty of campervan alternatives. But that's about it. Not great considering there have been 78 complaints about Wicked Campers made to the Advertising Standards Bureau (ASB) since 2008.

Wicked made some vague and dismissive responses to a few of the early complaints (in response to one about the phrase "When life is treating me bad, I just remember I've got a really big cock", Wicked replied, "The van design is of a big

cock as in a big bird. It is not rude or sexual"). But Wicked has not bothered to respond to any of the complaints or judgements made by the ASB since 2010.

Since the Advertising Standards Bureau is a self-regulating body without any ties to the government, it relies on companies to voluntarily remove any advertising that is deemed inappropriate by its board. Fiona Jolly, CEO of the ASB, explains that "it's a system that, for the most part, works" as 99 per cent of the advertisers act responsibly and remove any offending ads. If they don't, there's one more path of action – if the ad is on television or radio, the ASB can then go to the network and ask for the offending ad to be taken down (still, there's no real guarantee that it will be).

But in the case of Wicked, despite there having been numerous judgements calling for slogans to be taken down, Wicked has chosen not to follow the recommendations, instead keeping the vans on the road. Jolly acknowledges that the board has "often, but not always" found Wicked's vans to be offensive and in breach of the advertising Code of Ethics, but that there's little more the ASB can do about Wicked. So how do we get rid of these vans?

WHAT CAN WE DO?

While Senator Waters is investigating anti-vilification laws, and Orbea is holding meetings with the minister for communications, one simple thing we can do is vote with our wallets. Don't use Wicked Campers. If a friend says they're thinking of hiring a Wicked campervan, show them this article so they can make an informed decision. John Webb clearly won't respond reasonably to requests for civility, so the only way to make him understand how troubling we find his company's practices is to stop using his company. It worked for Coralie Alison, from feminist group Collective Shout, who simply asked Lonely Planet why they continued to list Wicked Campers on their website. The listing was quickly taken down - a win for the little guys.

If all this seems overwhelming, just think of Orbea's favourite saying: "If you think you're too small to make a difference, you've never been in bed with a mosquito." Lauren Sams

COSMOPOLITAN August 2015 71







We asked five women to write a letter of love to the one thing they can't live without, from a favourite shampoo brand to chocolate to a Chanel handbag



I wanted to say thank you for giving me confidence to be in my own skin.

I was often picked on at school because my skin colour was different or because I was half-Chinese. I used to be so ashamed of my skin colour. The hurtful words people would say to me would make me cry (burnt chocolate cookie, boat person). One day my mum whispered some beautiful words into my ear: "Sticks and stones may break my bones but words shall never hurt me." She also told me to take a leaf out of my dad's book. I was like, seriously, my dad? The little Monkey Magic man who says only two words and sounds like he's shouting them?

My dad is Chinese and a master in tae kwon do. He has his own tae kwon do school and holds one of the highest dans (rankings) in the country.

I remember looking at my dad one day, thinking how Chinese he looked

- and yet he seemed to be the town legend. Was it because everyone thought he was the Monkey Magic? It started to make sense after I enrolled in one of Dad's tae kwon do classes. Seeing my dad teach made me so proud. How he held himself, how strong and determined he was, how everyone bowed to him and how he could stop a lightning-speed punch just millimetres from a student's face! Such power and control! The lightbulb finally lit up.

There I was, training down in the back row with the beginners, determined to be able to throw a punch faster than my dad and do the splits better than him.

Each week I improved, each month I became more focused and confident. I got my first ever YOU, Yellow Belt! I even wore you to bed I was so proud of you.

I trained hard with my dad - he was such an inspiration to me. Even though he never said

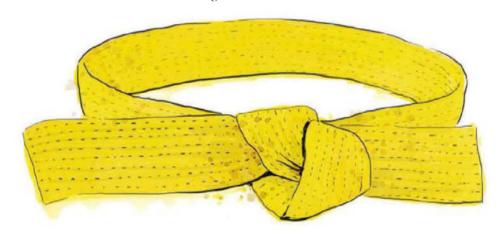
many words, he taught me that beating your enemy is all about the mind.

I soon got my black belt. With that achievement I can't tell you how many friends I suddenly got. But I didn't care about friends, it was more about what I learnt from Dad.

What my dad and my yellow belt taught me was that small achievements are often the best steps you'll ever take in your life. It's about the experience that creates the ending.

So thank you, Yellow Belt, for teaching me how to find strength, courage and determination - and to do the splits better than my Jackie Chan of a dad!

LOVE, BIANCA x





JASMIN HOWELL. FOUNDER OF FRIENDINFASHION.COM.AU

Since I can remember, I've dreamt of the day I could call you my own. It all started on a beautiful spring day in Paris, naturally! After indulging in a mandatory morning pastry and macchiato, it was time for a spot of shopping. Dior, Vuitton and Celine all captured my eye, but it is you who stole my heart. After hours spent dragging my new husband from one luxury boutique to another (by God is he a patient man), we set upon rue Cambon.

Shops numbers one, two, three passed, and then we arrived at number 31 – where our love affair began. Standing outside Coco's private apartment, now home to the most exquisite Chanel collections, the sun was shining, I was feeling spendy and my husband was in desperate need of a sit-down and a cold drink. It was meant to be.

My eyes immediately set on you. After all, you are a classic fashion icon. Sure, you have competition, but for my first significant fashion purchase - it had to be you. I handed over my credit card and the deal was sealed.

Then we enjoyed the most beautiful day. A baguette under the Eiffel Tower, an inscribed lock added to the love lock bridge, signing off as the sun set with you in one hand, and my hubby in the other.

Each time I take you out I'm reminded of that beautiful day in Paris. The day I took home a small part of Chanel history.

LOVE, JASMIN x





STEPHANIE CLAIRE SMITH, **MODEL AND AUTHOR OF KEEP** IT CLEAN E-BOOK You have been a comfort to me ever since I can remember and I swear I knew about you before the cinemas made you popular. You are so easy to make - only two ingredients! Who knew that finely chopped dark chocolate stirred through freshly popped popcorn could taste so good? Thank you for being so very satisfying every time we meet.

We've shared so many memories together; break-ups, movies with Mum... Remember that time I was taking a finished bowl of you back into the kitchen and tripped and cut open my knee and needed stitches?! You were there for me in New York last year, when I was feeling down

and insecure after an agency told me I needed to lose weight. I was 20, had never lived out of home before and had just moved across the globe to pursue my modelling career. I had always heard about the models who didn't eat much and smoked a lot, but I'd never actually come into contact with them at home. I even got weird looks when I spoke about a smoothie! Any of the castings I would go to, all of the girls were so different to what I was used to, both healthwise and in how they looked. I'd never felt further from home, but you were right there.

I've decided to have you in my healthy online recipe book,

because you're actually not that naughty (which is why I tend to have you so often over others).

You're there for me when I just need a snack while watching hours and hours of Netflix, and I've introduced you to my friends (who all love you, too!).

You're the one thing in the world I don't think I could ever get over. I don't even mind how chocolatey my fingers get! Every time I have you I end up with chocolate all over my chin, too.

You may sometimes be a pain in the arse because you get stuck between my teeth, but you will forever be my crush.

LOVE, STEPHANIE x























Dear Not That kind of Girl

By Lena Dunham

From the moment I read your

fine !!

first line ("I am twenty years old and I hate myself.") I knew this was something special.

You're the most honest book I've read. And for that I'm grateful. You see, there's something about being in the media that makes people very self-conscious. Everyone is so scared to be really known - I mean, off the pedestal, no hair and makeup, just themselves stripped back. I feel like people in media have a responsibility to share an element of truth when they work in a world full of smoke and mirrors. And you share so much truth.

This romance started when I fell for the woman who was so completely transparent at such a young age, creating, directing and acting in her own show. She pioneered an important path for women.

But you resonate with me in a deep way. The greatest gift I took from your words is to be brave, honest, transparent and own who you are, even if that's not in fashion, even if it's not socially acceptable. Even if you're in a position where you think you should play it safe.

When I got my radio job it was a dream. I was careful to start with – I wanted people to like me. Then I realised the reason I got the job was 'cos the station liked me being raw,

MARSHALL FROM KIIS FM'S 3PM PICK-UP*

> off-the-cuff and often speaking before thinking (it has always gotten me into a little trouble).

So I stopped being polite and started being real. I might rub someone the wrong way sometimes. But really, if I want to take a stand against wearing G-strings and say they are aggressive on the anus, I will. It's real and it resonates with lots of people. I shared on social media getting my moustache

waxed. I wanted to show this because not many women will. If I ever feel like conforming, I think of all you have taught me.

ena Dunham

she's "learned"

I want to be honest even if it makes people not like me. Let them not like me for being me. I want other women to feel the courage to own themselves, especially the flaws, not just the filtered Instagram version.

LOVE. ZOE x

Dear head & shoulders



Do you often receive letters? I imagine you'd find them hard to open, considering you're a shampoo bottle with no opposable thumbs. Or arms for that matter.

Anyway, I wanted to let you know that my hair thanks you. You see, I'm often told I have nice hair. It's my thing. (Aside from my main thing. which is my evebrows).

When people tell me I have nice hair I sav "thank you". And then, because I am a beauty editor, they most often ask me what products I use. Truthfully, I use lots of products. It's my job to trial them, after all. But when I'm not testing out a new formula, my fallback shampoo and

conditioner is head & shoulders. I don't use you because I have dandruff (not that there's anything wrong with it - we've all had to fight the flake at some stage). I use you because you make my hair pretty. I have oily roots, fine strands and dry ends, and I just love the way vou make my hair feel super-clean, but not stripped or straw-like or weighed down. In fact, you're pretty much the Goldilocks of hair products: just right.

You can imagine people's reactions when I tell them I use head & shoulders on the regular (Apple Fresh is my favourite variant - the smell is

delicious). They are so surprised! They ask me, "Why?!" and then they say, "But don't you get to try everything?" and I tell them, "Yes, I have the best job in the whole wide world, and my hair loves what my hair loves and that's that." Then we usually change the subject and discuss the Kardashians instead.

Anyway, as I said. I just wanted to take this opportunity to say thanks. You know what you're doing, getting in there and cleansing away the oil and styling product. And thanks for not drying my strands out - as you know, I'm trying to grow them.

LOVE, LEIGH x



IJA NAUGHTON. "ZOE MARSHALL CAN BE HEARD ON WEEKDAYS ON KIIS FM S 3PM PICK-UP. FOLLOW HER @ZOEBMARSHALL. PHOTOGRAPHY H (ITSNOWCOOL, COM); SCOTTEHLER, COM. ILLUSTRATIONS BY INGA CAMPBELL (INKLINGDESIGN COMAU); TYPOGRAPHY BY JUST SAYIN GIRL



















These five stories show

HOW LIFE CAN CHANGE OVERNIGHT, YTDFMFI V DIFFERENT W



Sean had been in a shark attack at Kelp Beds Beach in Wylie Bay, WA, 15 hours earlier and was now rigged up to a vacuum-type machine to keep tissues in his arms alive.

'How long have the two of you been together?' a doctor asked me ominously. Yes, something like this would test any relationship, but I wasn't going anywhere.

Sean and I had been coming up to two years together. The day of the attack, I'd been on the sand reading while Sean surfed. I suddenly heard someone screaming, 'Get out of the water!'

Things went into slow motion at that point. I saw blood in the water as two guys on the beach dragged Sean out. They pulled the leg ropes off a couple of surfboards and tied them around what was left of his arms.

The first thing he said to me was, 'I'm so sorry babe, I love you,' followed

by, 'Mum's going to kill me!' We used my surfboard like a stretcher and put him into the back of the car.

It was a five-minute journey to the hospital. At first I was in shock but quickly became calm, trying to help. From the local hospital we were flown to a hospital in Perth, where Sean went straight into surgery. They had to cut back his arms quite a bit. He still has a bit of forearm on one side, and on the other it's a little bit past his shoulder.

Some days are really hard. When it first happened, a lot of people helped and were like, 'Are you OK?' But then everyone goes back to their lives. Sean's pointed out that it would be nice if some of my friends checked in more often.

A huge goal will be for Sean to work again. He won't be able to go back

to his old job as an electrician, but he's already looking into other options.

He has a prosthetic on one arm, which allows him to do quite a lot of things. If he wants to make a sandwich or brush his teeth it takes longer, but he's determined to do things himself.

At first he was a bit anxious about whether I'd still be attracted to him, but we are really open with each other. I've reassured him that even though he has physically changed, it doesn't change how I feel about him. The first time at home when we could lay on the bed together and just laugh and be ourselves was such a relief for both of us."

To donate to the Sean Pollard trust fund, head to facebook.com/pages/Sean-Pollard/856618607691101.



"HE SHOWED ME SEX WAS A WAY TO CONNECT WITH

MYSELF AND

I walked back through the bush in my Peter Alexander pyjamas just as the sun was coming up. I packed my things, ready to catch a lift back to the airport. I'd just spent the entire night with a sex wizard and it was the most incredible evening of my life because it set me on a path to reconnect with myself - someone that I had been mistreating for years.

In my early twenties I was sleeping with a lot of men. My self-esteem had

become dependent on how 'sexy' or attractive I was to guys.

I hated that I kept putting myself in so many degrading sexual situations. That's when I heard about a sex camp outside of Melbourne. It's a four-day retreat

teaching empowerment around your sexuality. It sounded pretty out-there but there was a big emphasis on safety - you didn't have to do anything you didn't want to do. So I bought a ticket.

It's an alcohol and drug-free zone. It's more like teachers speaking to you, rather than one big orgy. You can't walk up to someone and expect sex. You can't even hug people without their permission.

During the retreat I went to a Tantric workshop taught by a man who referred to himself as a sex wizard. He was a bit like Dumbledore - bearded,

wise and close to 60, and he even carried a staff. He was broad and very masculine, and I found him attractive.

I was enthralled as he spoke to us about the link between sexuality and spirituality and the transformative power of the female orgasm.

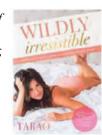
I asked him if he would sleep with me and we spent the evening together. Using Tantric teachings, he helped me find my own femininity and strength. He got me to look at my own body and touch it. He made me see that I deserved

> respect. I felt a release of emotion - one minute I was laughing and the next I was sad. It was the first time I'd ever had orgasms that shook my insides.

The sex wizard opened my mind as to how important healthy,

intimate sex is. He showed me that sex wasn't a performance or a transaction, but a way to connect with myself and another person. That night was a huge turning point for me."

Tara O is the author of Wildly Irresistible - 6 Keys to Becoming the Hottest (and Happiest) Woman You Know! Out now at all e-book retailers and tarao.com.au.





THE MORNING AFTER...

WASER

Emma Freedman, 29

How are you supposed to react when you lose a job you thought you'd be doing for the next five years? I cried.

I was crying when I put myself to bed that night and I was still crying when I woke up the next morning. It was just before Christmas - I think it was a Wednesday. The contract ending meant I wouldn't be going back to work, so one thing I did do was call some of my colleagues so they would hear it from me. They simply couldn't believe it, and thought it was such a random decision. It's a bit of a blur, but I stayed off social media and I didn't touch alcohol. I just kept crying, and it would be weeks before I felt better.

The thing is, working in morning

TV is amazing. I got to travel and see incredible places. It's a dream job, but I doubt there are many people who could do it. I hope that doesn't sound arrogant, but it's a job that is all-consuming. I would wake up between 3am and 4am, and I was away for work every weekend for five years in a row. You don't have much of a life, and your crew becomes your family. It was hard, but I loved 90 per cent of it.

I didn't have even the tiniest inkling that I would lose my job. So when my manager called while I was driving and told me to pull over, I got a shock and thought that someone had died.

'I've got some crap news,' he said. 'Your contract's not being renewed. I've been told it's for budget reasons.' I sat there wondering who I had pissed off. I'd gone from hero to zero in five minutes.

I kept it pretty quiet and it wasn't until a few days later that I started to get phone calls from people asking me what had happened. I was like, 'How the hell do you know?' They were like, 'Your dad's tweet.' I thought, 'What?!'

Turns out my dad (Australian racehorse trainer Lee Freedman) had tweeted something quite aggressive about it without my permission. His tweet read: 'Congratulations to CH 9 for firing Emma Freedman in a cost cutting measure. Wonder what they'll do with the ones with no talent?'

"I WAS STRESSED AND MY ANXIETY WAS COMING OUT IN SOCIAL SITUATIONS"

So that's how the news came out. Everyone handles these things in their own ways, and I handled it pretty badly. When I moved up to Sydney I'd bought a place and I was stressed about paying the mortgage. My anxiety was coming out in social situations and I'm not scared to say that I was feeling so bad I went to talk to a psychologist. I'd recommend this to anyone who is going through a tough time in their life - it definitely helped me get through it.

I threw myself into going to the gym and started making phone calls to my contacts in the industry.

I auditioned for a few shows with Southern Cross Austereo and early this year I landed a job doing a radio gig, presenting The Scoopla Show with Jules Lund. I was already good friends with him, so I was stoked.

I'm absolutely loving working in

radio. I can sleep in because I don't have to get in to the office until around 2pm. In television, you have to wear a lot of bright colours, so at the moment I'm enjoying being able to wear lots of black if I want.

I used to let my entire world revolve around my job, but I no longer believe that work is the be-all and end-all. I'm in a really great relationship and now I can actually spend time with him on the weekend instead of being away with work.

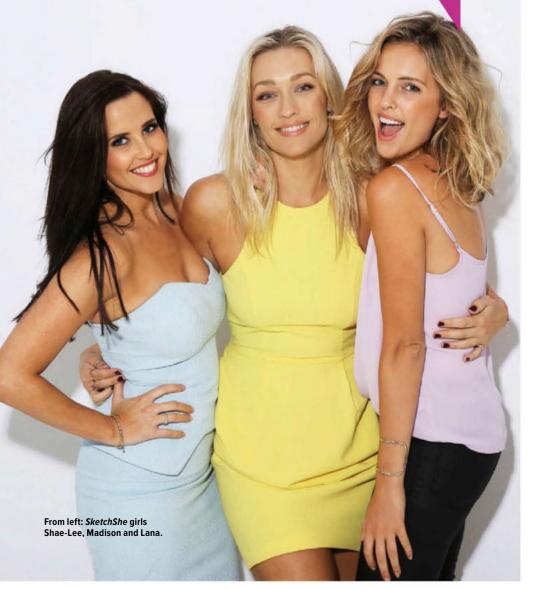
My life is a lot more balanced now. I look back and think that losing my job so unexpectedly was meant to happen."

You can catch Emma on The Scoopla Show on Southern Cross Austereo's Today's Hit Network, weeknights at 6pm. •



THE MORNING AFTER... WE WERE ON THE STATE OF THE MORNING AFTER... STATE OF THE MORNING AFTER... WE WERE ON THE MORNING AFTER... WE WERE ON THE MORNING AFTER... STATE OF THE MORNING AFTER... WE WE WE ON THE MORNING AFTER... STATE OF THE MORNING AFTER... WE WE WE ON THE MORNING AFTER... STATE OF THE MORNING AFTER... STATE OF THE MORNING AFTER... WE WE WE ON THE MORNING AFTER... STATE OF THE

Shae-Lee Shackleford, 29, Lana Kington, 25, and Madison Lloyd, 23





(a long way from our home in Sydney!), thinking, *Did that really happen?* In the past 24 hours we'd been in the same room as Chris Hemsworth, hugged Portia de Rossi and performed for Ellen DeGeneres. We couldn't stop talking about it (and looking at the backstage selfies!) as we quickly drank coffee and ate bagels at the kitchen bench. Then we headed to the airport to catch our flight to New York for some meetings.

Our episode aired at 4pm that day. The funny thing is we missed it because

"GOOD MORNING AMERICA SHUT DOWN TIMES SQUARE SO WE COULD PERFORM!"

we were in the air. The next chance we got to check our phones, we discovered we'd gained thousands more followers!

It all began a few years ago when the three of us met through modelling and presenting-type jobs in Sydney. We hit it off straightaway and became close friends. Over a few wines we decided to launch our own YouTube channel, and *SketchShe* was born last year.

We didn't have a lot of money, so we came up with the idea of doing some miming videos in a car. In December 2014 we posted *Bohemian Carsody* and *Mime Through Time* on Facebook and they went viral pretty much overnight.



Ashton Kutcher, Lil Wayne and Brian May, the guitarist from Queen, all shared them. Within a few days we had over 10 million views!

We quickly realised we were onto something, so we planned a trip to the States for some meetings. When we were in the airport, we got a call from our agent telling us we were going on The Ellen Show in four days.

The day of filming was surreal - we were running on adrenaline. Just as we were walking onto the set, Chris Hemsworth was walking off, and we were like, 'Do we stop so we can meet him, or do we keep going so we can make our slot on the show?!'

We chatted to Ellen and she was very cool. After the taping, she came backstage with Portia de Rossi, who's Australian, so we were like, 'Ahhh!' and did a big group hug. Ellen said to us, 'I know you guys have lots of ideas so we should talk, 'cos we have a production company too.' We love that she's into supporting women in comedy.

After that, the opportunities just haven't stopped. We have been on Good Morning America in New York – they shut down Times Square for us to perform between each segment. We've had lots of meetings – it was like Entourage in those boardroom scenes! Now we're in talks to develop our own show, which is crazy.

We might seem like we're just mucking around but we're ambitious women and we see no limit to what we can achieve."

Shae-Lee, Lana and Madison are the comedy trio behind YouTube channel SketchShe (youtube.com/sketchshe).

THE MORNING AFTER... **WAS DIAGNOSED**

Decontee Davis, 24



By the time it was confirmed that I had Ebola, I'd already been in the treatment centre for a week. I was lying in a bed, unable to move, and the pain was so bad. People were dying around me and I thought, I'm going to join them.

I first heard about Ebola in March last year, but didn't realise the virus had crossed the border from Guinea into Liberia, which is where I live. Everyone thought it was contained, and we didn't know that we had to protect ourselves from it at all times.

I caught the virus from my sick aunt-in-law. I took some food to her when she was ill, and at the time we didn't have any idea that she may have Ebola. We thought she would recover and didn't even think about protecting ourselves. Sadly, she died. One week after her death, everyone who had been in contact with her started getting ill as well.

"I WAS LYING IN A BED, UNABLE TO MOVE — THE

I was taken to the Ebola Treatment Unit and four days later my fiancé Peter came in, too. We have a five-year-old son together. I didn't see Peter at first, but I could hear him screaming. He was in a lot of pain, but he recognised me. There are no words to describe seeing someone you love like that. They were the last moments we spent together, and he passed away that same day.

There is no cure for Ebola, just treatment for the symptoms. Somehow, my body was fighting it. After two weeks I was able to bathe and brush my teeth again. I was discharged and went back home to my parents and son.

But in my absence, my family had been stigmatised. They found it hard to buy food because everyone believed that their money was infected. And my son couldn't play with his friends because they were afraid he had the virus.

I am grateful to be here to look after my son. Other children weren't so lucky. I'm volunteering for ChildFund's interim care centres for Ebola orphans. No one wants them, but we're trying to find homes for them. ChildFund has reunited over 300 kids with extended families or alternatives. We're making a difference, but we still need donations and there's a long way to go."

You can help by donating to ChildFund at childfund.org.au/appeal/ebola.





JUST FANCY CONDITIONER?

We know we're supposed to do regular masks, but laziness often wins out

"Replenishing what your strands have encountered, including sun, heat appliances, and chemicals is paramount," explains Nader. "Masks are richer in both texture and hydrating and strengthening ingredients, making them a bit like conditioner on steroids. "You'll see the benefit of using one if you do so at least once every two to three weeks, minimum."

THIS JUST IN: TOWEL DRYING IS BAD!

Say what? But you always towel dry your hair, right? Stop! Your hair is at its weakest and most susceptible to damage when wet. "Towel drying could be the reason for frizz, breakage and split ends," says Nader. "Instead, blot! Blotting absorbs the water best without rubbing the hair cuticle into frizziness/flyaways."



PRODUCT COCKTAILING

Sometimes it takes two (products mixed together) to create the perfect hair









- when hair is damp.
- USING a paddle brush, rake hair in the opposite direction to the side you want the part to sit on, while blasting dry. This helps to add effortless lift at the roots.
- direction. Use a tail comb to divide a superstraight part on the side with less hair.
- CURL or straighten the mid lengths to the side, depending on the desired look.



Volumising Blowout Mousse, \$24.95

CELEB STYLES

The cut-out inspiration you can take to your hairdresser — I'll have the Katy Perry please!

PIXIE





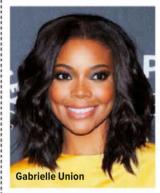




























cosmo hair special

Expert answers to your hair woes so you can give flakes, frizz and split ends the middle finger







itch/scalp discomfort) by

discontinuation. Using the

right anti-dandruff shampoo

effectively removes the cause

they can return upon

of dandruff: *Malassezia* globosa (a type of fungus).

stop using the product

and dandruff can recur. I recommend using an

effective anti-dandruff

shampoo with proven

ingredients, like zinc

pyrithione (also known as

ZPT) and use it each time

you shampoo your hair.

Anti-dandruff products,

like head & shoulders, are designed to offer balanced cleanse and tailored

conditioning that's suitable

and gentle enough for every

day - so you can remain

free of dandruff."

Unfortunately, *Malassezia* levels rise again once you

using anti-dandruff products,

Is there any way to prevent next-day bird's nest?

Invisibobbles, \$10.95

"Before you go to bed, brush your hair well and pull it up into a loose bun on top of your head," says Wheeler. "I love Invisibobbles as hair ties; they are amazing and don't rub or cause breakage but also don't leave a band mark. When you wake up in the morning, take the bun out and shake through. "If you have short hair that is easily messed up while you sleep, use a satin pillowcase to sleep on – this will prevent knots and breakage, as well as sleep marks or wrinkles on your face."

MY THICK, STRAIGHT HAIR GETS FRIZZY NO MATTER WHAT I DO.

"If you are washing your thick hair every day, you may be stripping all the natural moisture from it, which will cause it to go frizzy," says Wheeler. "Try shampooing it only a couple of times a week and see if it improves. It may take a few weeks until you notice a difference, so stick it out."

Shu Uemera Essence Absolue Nourishing Protective Oil, \$67

MY HAIR IS OILY AT THE ROOTS, BUT DRY AT THE ENDS. UGH.

This is two separate issues. "Oily roots can be a result of overactive sebum (oil) glands or not actually washing hair correctly," explains Garcia. "[You should] shampoo at least twice. The first time should be for 30 seconds, cleansing the hair of oil and any styling product. For the second shampoo, massage gently for three minutes. If it's still getting oily quickly after this, find a shampoo that specifically targets oily roots." Dry ends will benefit from a mask at least once a week. "Condition only the ponytail and stay away from the roots. It can be a vicious cycle, especially if you're constantly heat styling, as this process tends to draw a lot of moisture out of the hair. Limit heat styling to once a week where possible."

> Tigi Bed Head Urban Antidotes Recovery Treatment Mask, \$30.95



I have a cowlick! How should I style my hair?

"Part your hair in the direction the cowlick goes, and keep weight in your hair around the cowlick so that the weight can drag it down," says Wheeler. "When blow drying your hair, use a paddle brush and brush the hair, directing it in the opposite direction to where the cowlick goes, then reverse it in the direction of the cowlick. Keep repeating this until hair is dry and smooth."

MMMORE! Beauty direct

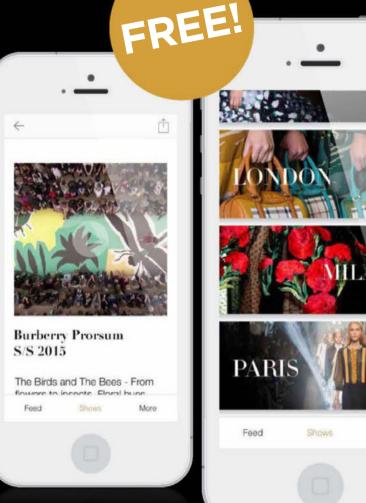
Beauty director Leigh Campbell shows you how to get volume that actually lasts all day.





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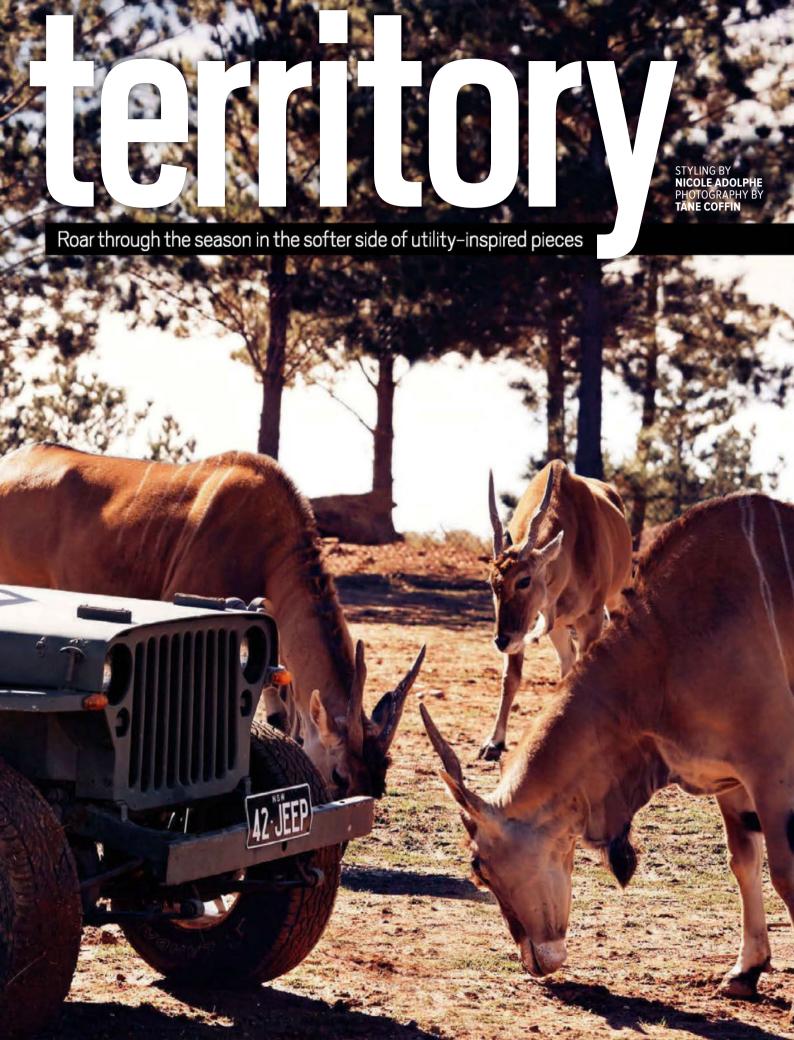








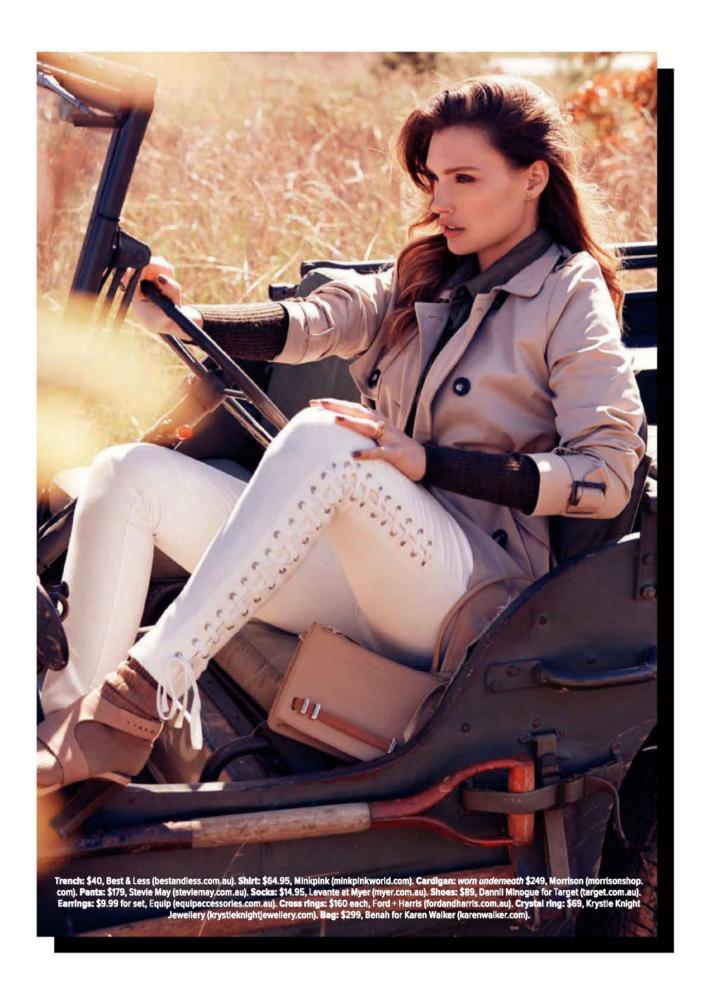


























THE HANDS-DOWN HOTTEST INMATE AT LITCHFIELD FESSES UP ON...

HER SECRET SKILL:

"A smoky eye. I do my friends' eyes all the time. I meet them out so I don't get stuck doing their makeup!"

HER TATTOO DRAMA:

"Before my role on *OITNB* was announced, someone said in an interview, 'We have an up-and-coming actress with an *Archer* tattoo.' It doesn't take much to Google '*Archer* tattoo actress'... and that's how the news leaked."

HER SEXUALITY:

"For a long time, I wished I'd been born a boy. I didn't know there were options like genderneutral or gender-fluid. I later realised you could be a girl and dress like a guy. I feel really comfortable in my skin now."

HER OTHER HALF:

"As soon as I met [my fiancée] Phoebe, I knew. She's everything that I would want in somebody. She's talented, she's funny, and she also has this charitable, giving side. We've designed an ethically sourced fashion line called Scallywags."









The sexiest styles for the sexiest body: yours STYLING BY NICOLE LUCAS PHOTOGRAPHY BY PAUL SUESSE



A lace-panelled bodysuit is a little bit modest, a little bit coy and a lot hot.

Bodysuit: \$149.95, Simone Pérèle (www.simone-perele.com.au). Bodysuit available in sizes 8-14.* A triangle soft cup is pretty and perfect for a smaller bust. Lace really maxes out the pretty.

Bra: \$119.95; undies: \$49.95, both Pleasure State (bendonlingerie.com.au). Bra available in sizes 8-14. A bustier gives you amazing lift and support if you've got bigger boobs.

Bra: \$29.95, Cotton On Body (cottonon. com/au). Undies: \$74.95, Simone Pérèle (www.simone-perele.com.au). Bra available in sizes 8A-14D.







This delicate bra is screaming for a top with a low-cut side to show off the pretty lace.

Bra: \$60; undies: \$59, both Aimee Cherie Intimates (aimeecherieintimates.com).

Bra available in sizes 6A-12DD.

Panels enhance your shape in all the right places – and are bang on trend, too.

Bra: \$59.95; undies, \$24.95, both City Chic (citychic.com.au). Bra available in sizes 14DD-22E. Take your pretty lingerie from girly-girl to sexy-girl with hints of black floral embroidery.

Bra: \$84.95, Wacoal (stylight.com.au). Undies: \$9.95, Cotton On Body (cottonon.com/au).

Bra available in sizes 32D-36F.



A little bit of padding equals enviable Victoria's Secret curves. All of the uplift.

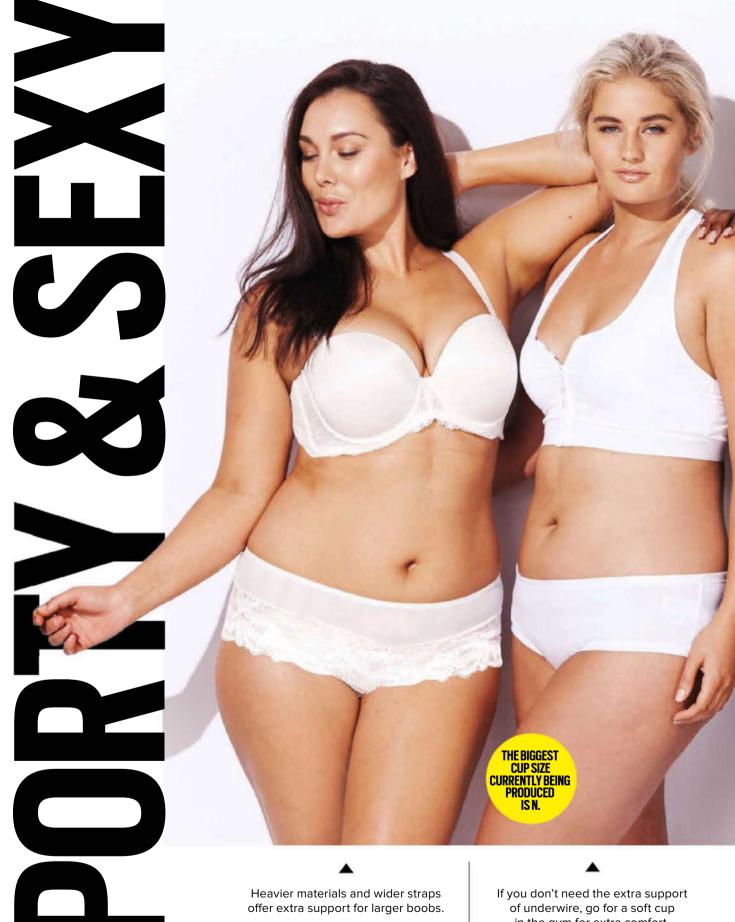
Bra: \$119.95; undies: \$59.95, both Pleasure State (bendonlingerie.com.au). Bra available in sizes 10A-14DD. Black + satin + lace = strip-worthy underwear. Could it *get* any sexier?

Bra: \$99.95; undies: \$49.95, both Cheyenne for Kisskill (kisskill.com.au). Bra available in sizes 10B-14E. Bigger boobs? A bra with a wider bridge is your best, most supportive friend.

Bra: \$69.95, Triumph (au.triumph.com). Undies: \$9.95, Cotton On Body (cottonon.com/au).

Bra available in sizes 10D-20F.





Bra: \$59.95, City Chic (citychic.com.au). Undies: \$74.95, Simone Pérèle (www.simone-perele.com.au). Bra available in sizes 14DD-22F.

in the gym for extra comfort.

Bra: \$19.95; undies: \$9.95, both Cotton On Body (cottonon.com/au). Bra available in sizes 8-16.



This soft sports bra can be used in the gym or under a tee. So sleek!

Bra: \$59.95, Evollove (bendonlingerie. com.au). Undies: \$9.95, Cotton On Body (cottonon.com/au).

Bra available in sizes 8D-16E.

A white bra looks crisp, but will be visible under white tops. For no-notice undies, go nude (coloured, that is).

Bra: \$69.95; undies: \$49.95, both lya (iyaswimwear.com). Bra available in sizes 6-14. A double strap will lift and give you extra support at the same time during your workout.

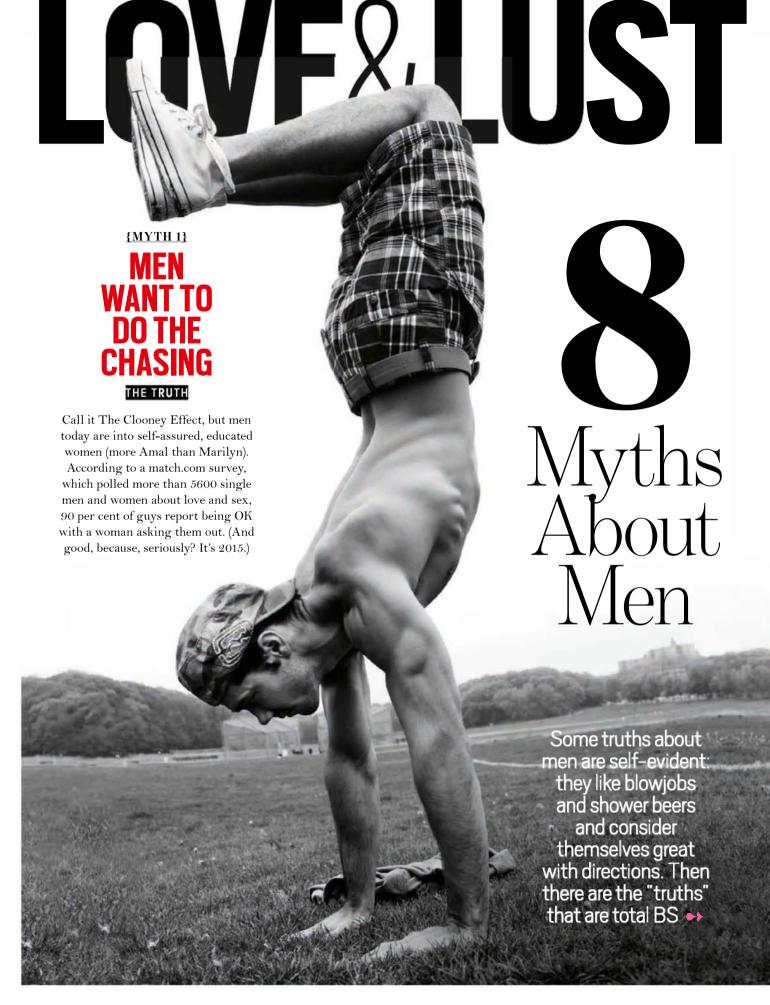
Bra: \$59.95; undies: \$29.95, both Passionata (passionata.com). Bra available in sizes 32B-38D.





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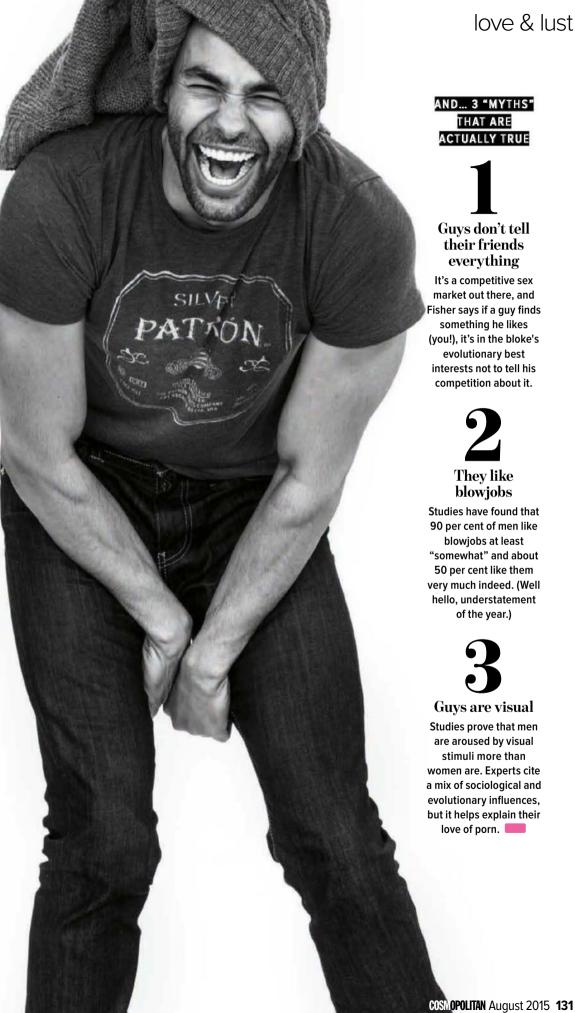


EXAMPLE 4

Big feet equals big penis

THE TRUTH Sadly, there is absolutely no scientific proof that shoe size (or hand size or nose size) is a reliable indicator of what he's packing. "I believe these are all urban legends," says Stephen Snyder, a New York sex therapist.



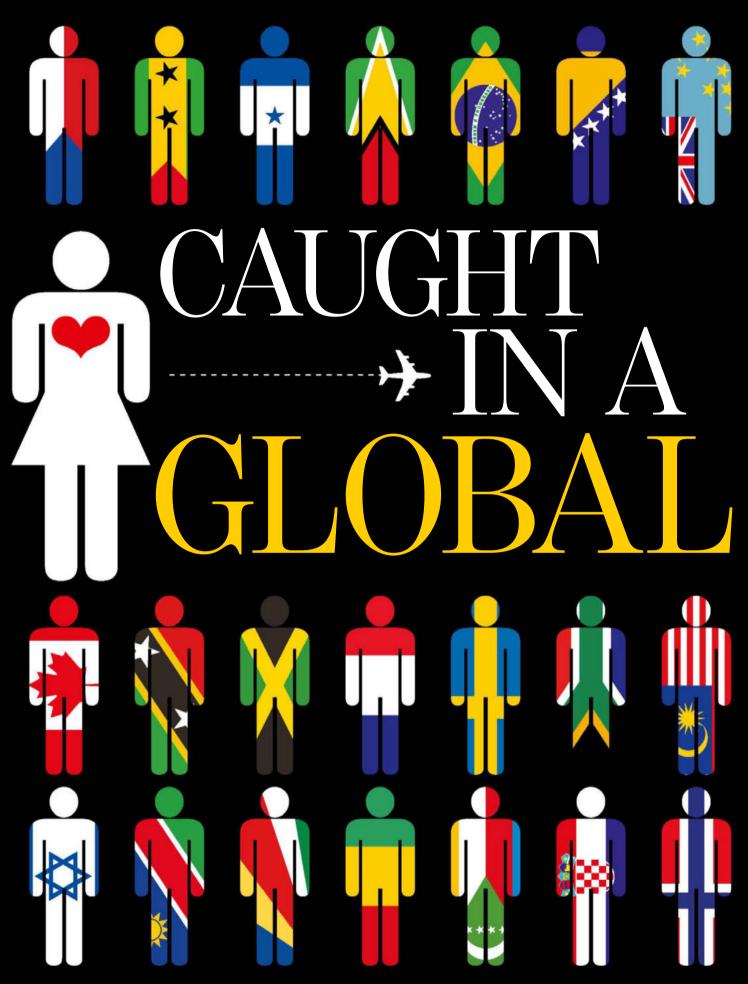


{MYTH 8}

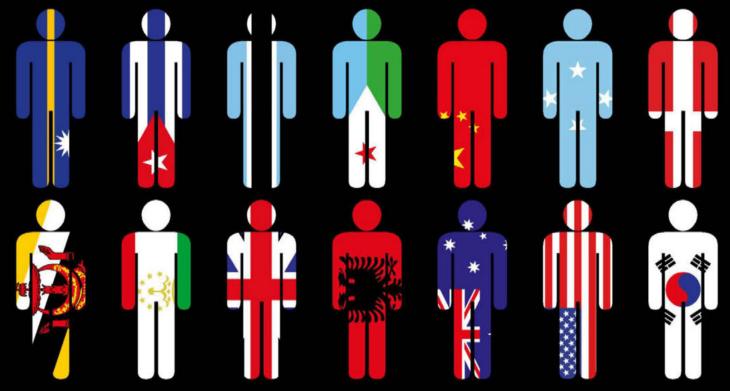
MEN THINK ABOUT SEX EVERY SEVEN SECONDS

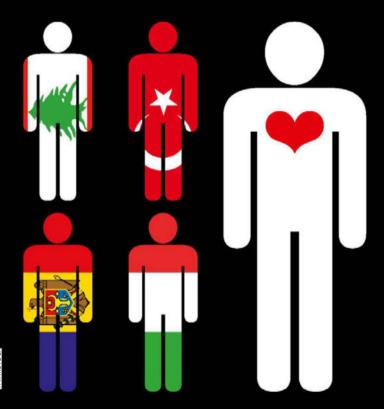
THE TRUTH

Thinking about sex every seven seconds – that's more than 8000 times a day! – would make men not only sex obsessed but, like, pretty severely impaired. Luckily for us (and humankind?), the truth is much more moderate. Younger men, predictably, think about it a little more. A 2011 study of men aged 18-25 recorded almost 19 times a day. Which is still way less than 8000. (Phew!)



love & lust





Fallen for a handsome foreigner? Here's how to navigate the challenges that come with crosscultural love to ensure you're speaking the same language

ith so many Australians taking a gap year overseas and Australia firmly on the "mustvisit" travelling circuit, dating someone from a different background to your own at some point is practically a given. While falling in love with someone from another country has its pluses (who hasn't fantasised about being whisked off their feet by an exotic stranger?), it also has its challenges. The fact that his upbringing, background and beliefs are totally alien to yours can be exciting, but it can also leave you stumbling to find common ground. Psychologist Dr Annie Crookes explains, "Culture shapes so much of our personalities, values, perceptions and behaviour.

So even if you have never considered it before, when you start a relationship with someone from another country, you may now be faced with some questions about the peculiarities of your own culture. This can bring up emotions and even make you feel defensive."

There will be times when your two cultures clash, adds Dr Crookes. "An area where things could come to a head is family values – some nationalities are much more involved in family and have stronger ties to family than others, and this can lead to judgement about whose family is 'best', even if only to ourselves. What's more, family values can also include child-rearing practices, so at times the cultural clash will be over a highly sensitive issue where it is difficult to find compromise."

TOUGH LOVE

Christina, 29, from New York knows only too well how family can provide a stumbling block to a cross-cultural relationship. When she first started dating her husband of 18 months -Hakan, 32, from Turkey - some family members on both sides had doubts about it. "Initially we faced some reservations from family," says Christina. "My mum was scared she'd never see her grandkids, and on the other side of the world, his mum was having the same worries. His family was more concerned with the fact that I wasn't Turkish more than that I wasn't Muslim, and his grandparents were against the idea. I messed up their dreams of Hakan marrying a Turkish girl who cooked dolma with them all day. My extended family were confused why I needed to move across the world to be with someone when there were men in America, but I realised I can't expect them to understand."

Thankfully, four years on, both Hakan and Christina's families have now accepted their relationship. "What surprised me most was how open his family was towards me. Although his grandparents did have their fair share of issues with me, his immediate family was very warm and welcoming and now they treat me like their own daughter."

But the road to happily ever after has not been smooth, says Christina.



"BE READY TO ACCEPT WHERE YOUR OWN CULTURE IS 'WEIRD' AND NOT GET DEFENSIVE"

"The hardest thing is cultural differences. It wasn't so much a problem for me as it was for Hakan, as the Turkish culture is a bit more conservative. The language is another barrier – most of his family don't speak English."

She adds, "Growing up in America, dating was very much non-exclusive. In the beginning, my dating history was a problem. I was probably a bit more free than Hakan was used to. For instance, I don't mind changing in front of men. But we've overcome these issues. While he has never asked me to change at all, if something bothers him, I won't do it. I have probably become a little more conservative, too."

Coming to this happy compromise wasn't easy, admits Christina. "We are both stubborn so it was a bit challenging at the beginning of our relationship. But I was pretty sure from the very start how special my relationship with Hakan was, and I was willing to evaluate life and how important he was to me and decided to change myself – and not to just make him love me, but because I loved him I felt I wanted to. The secret is to be a team player, and never ever

blame each other. Hakan and I are in this together and both appreciate how special it is to grow together."

LIFE LESSONS

Dr Crookes says that it's vital to accept each other's differences in a cross-cultural relationship, instead of trying to change the other person. "Sometimes we can get stuck trying to convince someone else to see our viewpoint, but when those differing views are coming from in-built cultural differences then the only way forward is to agree to disagree. Learn to identify and accept these areas to avoid circular arguments and frustration. By the same measure, you must be ready to accept where your own culture is 'weird' or illogical and not get defensive when faced with his questioning or his stereotyped knowledge."

With their relationship teething problems out of the way, Christina says she is now free to enjoy all the benefits that also come with a cross-cultural relationship. "The best part about falling in love with somebody from another country is getting to know a completely different culture from your own. When I was growing up in the US, I think I lived in a bit of a bubble. I didn't realise that there were people across the globe speaking a language that wasn't mine, and living in a different way than me. It was extremely eye-opening to hear someone else's story of life and how they got to where they are today on a completely different path to mine.

"The benefits are that my future children will be bilingual! They will be cultured from birth, and of course we get to travel a lot. We have two homes that could not be more opposite, and it's really great to share this. As far as which country we'll live in in the future, it's an ongoing discussion, but we just want to live somewhere we can both be really happy. The word home to me now just means Hakan."

CULTURAL Compromise

One of the best ways to move forward with a cross-cultural relationship is to visit your partner's home country, says

NOT BE MORE OPPOSITE, AND IT'S REALLY GREAT

Dr Crookes. "That way, you can discuss his culture based on your own experience rather than second-hand or generalised information," she says.

It's a strategy that Eliza, 28, from New South Wales, who is engaged to Gustaf, 30, from Sweden will use when they get married this month. "He has moved to Australia, so it's been hard on his parents, especially his mum. I think she cried when he got his permanent residency," she says. "Organising the wedding has been interesting. His dad works for the King's stable, so he's part of the royal court and they are very formal. For them, things should be done a certain way, like the way speeches are structured. You want to include them, but it's difficult. We've decided to have a wedding here, then fly to Sweden the next day and have a party there. I feel like our lives are so Australian, so it's nice for us to go there, and my parents will come and we'll do a road trip around Sweden. So we can be like, this is where Gustaf is from."

Along with a language barrier most of Gustaf's friends and family members are not fluent in English there have been other challenges that come with being raised in completely different countries. "He was brought

up in apartment living and that's how everyone in Stockholm lives. He likes that urban life," says Eliza. "But for me, being Australian, I was brought up with a backyard and a pool in the suburbs. So I'm like, 'I need grass.' He doesn't really understand suburban life."

This is one of a few important things they've had to discuss before they get married, along with how they will raise future children. "They have free childcare in Sweden, so it's not common to have a stay-at-home mum. But I was brought up with my mum being at home and he's like, 'Oh, don't your childcare and nanny do that?' It's just those little things that you need to get on the same page with," says Eliza.

Although there have been some challenges, Eliza has found surprising bonuses that come from being with Gustaf. "Their culture is a lot more openminded. It comes from that socialist government where men and women are very equal. Gustaf is such a feminist. He's really passionate about equality. It's so refreshing and something I hadn't really seen in Australian guys I'd dated."

Cross-cultural dating is something she's seen become much more common among her friends, too. "A lot of my friends are now dating international

people. I'm not sure why, but I think part of the appeal of it is that you get to learn not only about a person, but also a whole new place."

THE GROUND RULES

Once the relationship becomes serious, it's vital to discuss the biggies like what culture you will raise your children and what country you want to live in, urges Dr Crookes. "If the relationship is one in which marriage and children are involved then understand that there will need to be compromise. In this case it's important to consider what you are each willing to change or compromise on and what you see as fundamental. Have a discussion that aims to share both cultures equally with the children," says Dr Crookes.

Ultimately the most important thing for a cross-cultural relationship (along with any relationship, really) is compromise, understanding and respect. Be open to each other's opinions and habits, and honest about what you really expect from the relationship. And, no matter how weird it seems, make a real effort to understand behaviour that may seem alien to you, without judging your partner for it. It won't be weird forever.

Aoife Stuar-Madge

FIVE AWESOME THINGS

ABOUT A CROSS-CULTURAL RELATIONSHIP



Learning to say "I love you" and other sweet stuff in another language.



Getting to cheer for two teams in the Olympics. Go for gold and silver!



Eating your way through all the traditional dishes from his native cuisine.



You can choose exotic baby names for culture, not just to be "different".



Finding a host of new holidays to celebrate any excuse for a party, right?





HOW NORAL IS YOUR

How often should we want sex? There is no simple answer, says sexpert Dr Emily Nagoski... •>

he questions you've just read on the previous page are only a handful of the ones I get asked about sex. As a sex educator and the author of a new book, *Come As You Are*, about the science behind sex, pretty much every question I've been asked boils down to the same thing: "Am I normal?" And the answer is often the same: "Yes, you're normal. He's normal. That's normal, too."

In fact, over the past 20 years I've become convinced that the single biggest issue causing desire problems is that women get too focused on whether they want sex, and forget to pay attention to whether they actually like the sex that they're having. So how can you shift your focus and maximise your sexual potential? It's actually a lot easier than you might think...

Why sex is not a drive

The idea that we each have a set level of desire ranging from "nope" to "gimme more" is kind of basic. You might assume that apart from fluctuations depending on the newness of a relationship, your level of interest in sex is fairly static.

But what if I told you that the science behind your sex drive can more accurately be described as a dual-control model of sexual response — and that it's really not a "drive" at all?

The dual-control model says that the sexual-response mechanism in your brain has two parts. First, there is an accelerator that responds to all of the sexually relevant things that are in your environment and sends a signal that says, "turn on!" (this could be his smell or touch, or even the feel of denim).

Second, there are your sexual brakes, which respond to all the very valid reasons not to want sex right now – from unwanted pregnancy or STIs, to relationship and trust issues, stress or body-image worries. Difficulties with desire (or having a "low sex drive") are rarely about getting too little stimulation to your accelerator (which explains why all those *Fifty Shades*-inspired toys may not be doing the trick for you). Instead, lack of desire is more often about too much "brake". The good news? You can absolutely do something about it.

SENSITIVA ARE YOUR BRAKES?

You might have super-sensitive brakes, or too many things hitting them at once. Consider these statements:

- Unless things are "just right", it's difficult for me to be aroused.
- The slightest thing can turn me off.
- If I'm worried about taking too long to orgasm, it interferes with my arousal.
 - Sometimes I feel so shy or selfconscious during sex that I can't become fully aroused.

The truer these statements are, the more likely it is you've got sensitive brakes. If there are things that shut you down while getting it on, it's your brakes. And it's normal.

10% OF YOU HAVE SEX EVERY FEW MONTHS

SENS/TIVE IS YOUR

ACCELERATOR?

Maybe you take a while to get going, or can be turned on at the flick of a switch. Consider these statements:

- Often, someone's smell can be a turn-on.
 - When I think about someone I find sexually attractive, I'm easily aroused.
- Having sex in a different setting is a real turn-on for me.
 - I get very aroused when someone wants me sexually.

The truer these statements are, the more likely you've got a fast accelerator. If you disagree, you might find it takes a while to get going, especially if your brakes are sensitive. This is normal, too.

What makes a great ride?

Once you have a sense of how sensitive your brakes and accelerator are, think about what hits each of them. Remember great sex you've had in the past (oh, go on...) and also not-so-great sex. Consider what it was about those experiences that made it easy to want and enjoy sex. Then think about what slowed things down or got in the way. Yes, you'll have your own personal turn-offs, but there are other factors that affect your levels of desire — and some that, despite popular opinion, have little or no impact.

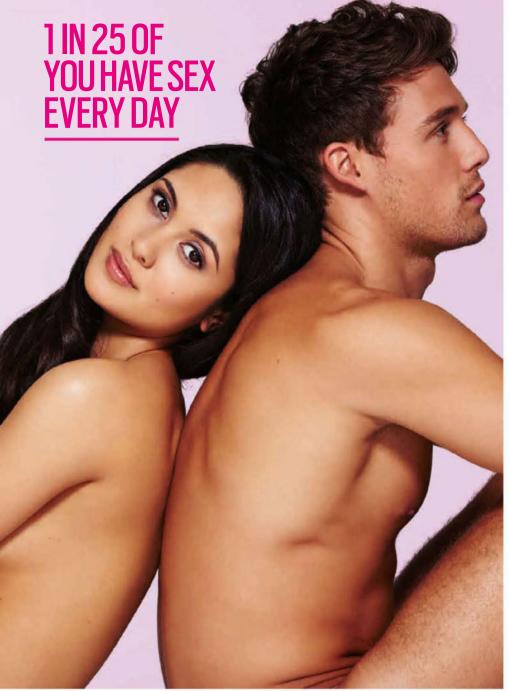
HORMONES Sorry, but these probably aren't the reason for your lack of interest in sex. Research shows that less than 10 per cent of women who have difficulties with desire do so because of hormones.

MONOGAMY Nope, it's probably not this, either. Some monogamous couples don't have great sex lives, and some monogamous couples do. The ones who do have two things in common: a strong friendship, and making sex a priority.

STRESS About 80 per cent of us find that stress, depression and anxiety can reduce our interest in sex. The rest of us find these issues can actually *increase* our interest in sex. Interestingly, this increased interest doesn't tend to come with greater pleasure.

MOOD Imagine you're feeling flirty and really affectionate, and your certain special someone tickles you. This could potentially spell F-U-N. But if you're stressed and frustrated and the same thing happens, you might want him to LEAVE YOU THE HELL ALONE. Same sensation + different mindset = totally different experience. Mood can really matter with sex.

CULTURE Did you grow up in a family that taught you sex is a beautiful, natural and healthy way to experience pleasure and affection? Me neither! If you learnt sex-negative messages, they'll have trained your brain to keep the brakes on all the time. But these messages can be unlearnt and replaced with healthier messages you choose yourself.



SEXPECTATIONS Have you ever found yourself avoiding even kissing your partner because you're worried that a make-out session will only create an expectation of sex that you'll then feel obligated to fulfil? If this is the case, remove sex as an option for a while so that you can enjoy simply touching — without the fear of disappointing if it doesn't lead to more.

Removing your brakes

So now you've identified what makes you slam on your brakes, how do you stop them from interfering with your arousal? Pick something you can see is stopping you feeling full desire – whether it's your stress levels or the fact that he's majorly getting on your nerves right now – and make a specific, concrete plan for dealing with it. While you're coming

up with your strategy, think through what the potential barriers could be. And then plan for what you'll do if you encounter that barrier.

For example, if your worries about his expectations are interfering with your sexual desire, remove them by taking sex entirely off the table. Make a rule that for a month you won't touch each other below the waist, or even orgasm in front of each other (this is standard operating procedure for sex therapy). Instead, share touching – kissing, hugs, cuddles – without the risk of hitting your "What if this turns into sex I don't want?" brake.

Ironically, a potential barrier to making this plan work is that your body may start to wake up and think, "This feels really good! I wonder if we could break the rules, just this once."

Hitting your sex accelerator

Women – or anyone – with less sensitive accelerators and more sensitive brakes are likely to experience "responsive" desire. This means that when a partner starts kissing your neck in a sensuous way, or nibbling your earlobe just how you like, your body thinks, "Sex? That's a good idea!" This is not the same as "spontaneous" desire, which seems to appear out of the blue, before anything apparently sexy is happening. Most of us will experience both spontaneous and responsive desire at different times in our lives. Unfortunately, many of us have been taught that spontaneous desire is the "best" type - but responsive desire is just as normal and healthy.

I repeat: you're normal. Science says so. If any of this sounds like you, try shifting the focus away from trying to want sex, and pay attention to what kind of sensations you enjoy instead. You might find going slowly and building up to sex gradually can only be a good thing. The more you embrace pleasure and create contexts where pleasure can grow and expand, the more desire will emerge all on its own.



Successful women ARE TAKING CHARGE at work

→ but ←

walking on eggshells at home.

Jessica Bennett asks,

WHAT'S GOING ON?



At university, when she was studying for her degree, Liz Anderson gave sexist quips she heard around campus little more than an exasperated eye roll. "She's hot but too ambitious." "She's too bossy to date." Or as one male classmate put it to one of her friends out at a party one night: "I don't think I could marry a woman from business school, because I want somebody who's going to be a good mum."

t was absurd, antiquated and a total double standard. Yet when Anderson sat down that year to create herself an online-dating profile, she was strategic. She didn't mention where she went to university or that she'd won a scholarship to study at Oxford University in the UK for a year. She didn't state the name of the company she worked for (a highprofile consulting firm) or her position. Instead, the 28-year-old simply noted that she liked laughing, singing, drinking martinis and Diet Coke.

"I kept my profile understated," says Anderson, now 32. "I was like, 'If I don't do this, nobody is ever going to reach out to me."

She's not alone in thinking this, either. It's a calculation that a lot of young women have quietly internalised: that being ambitious and career-oriented violates deep-rooted cultural stereotypes about what it means to be female. That in order to balance their professional success with romantic appeal, they must soften their accomplishments - and also their personality - when at home.

Take the friend I had dinner with recently. She was dating a new guy she really liked but was terrified of screwing it up. She's opinionated, whip-smart and decisive. And yet she was positively passive when it came to him. "If I were to make more decisions, like where we eat and what we do together, which is how I normally am, I think he would feel emasculated," she said. "What if he doesn't like that I'm so forceful?"

I could relate. I'd once kept that I had gotten a raise from my boyfriend for almost a year... until I got the next one. But it wasn't about the money. I was petrified that my success would translate into his feeling like he'd failed. I wanted to protect his ego.

When a woman I know was chosen for a prestigious list of young business leaders in her field, I sent her an email to congratulate her. She joked, "What's the chance I'll ever get a date now?"

Women can use an endless list of tactics to seem less threatening. Jenny, 29, says she's purposely held back her opinions at the start of a relationship so as not to come on too strong. Farnoosh Torabi, 34-year-old author of upcoming book When She Makes More, says that she often lets her husband, a software engineer, pay the bill at dinner even though she's the primary breadwinner (and the money's coming out of a joint checking account). One 25-year-old Harvard grad says she dates older men to ensure that a potential partner is further along than she is professionally. Another woman always lets her fiancé hold the door open for her. When he proposed, he said to her: "Nobody has ever made me feel like more of a man than you have."

Then there's the woman whose boyfriend likes to debate politics except that he constantly gets the facts wrong. Under any other circumstance, this woman wouldn't hesitate to jump in and correct. But with her boyfriend, she chooses to feign ignorance. She literally nods and smiles.

It's not necessarily a conscious choice. Women who've been trained to be effective at work don't always 🗪

have a good template for how to be in a relationship. They tend to slip into more traditional roles or expect less from their partners because they haven't built any self-confidence outside their careers. "I have a lot of friends who date people who are not nearly as successful as they are," says Christen Duong, 33. "Women who normally own the room turn into these waifs who defer to their boyfriends. They could polish cars professionally with the amount of stroking that they do."

WHAT GUYS REALLY THINK

It's possible that men deserve more credit than we're giving them. In a Cosmopolitan survey of more than 1000 straight men aged 18-35, nearly half say they have dated a woman who made more money than they did. Only four per cent of that group say they were bothered by it, and 57 per cent say they are "more attracted" to a woman who is ambitious at work. Two out of three say that they like when a woman takes initiative in a relationship, whether it's texting first, paying for dinner, or initiating sex. A huge majority (92 per cent!) claims not to care what others think about their relationship dynamic. And among the ones who do worry about it, their biggest concern is that their partner doesn't appear equal enough.

"It's great to see men openly saying they want women who have ambitious career trajectories," says Philip Cohen, sociologist at the University of Maryland at College Park, who studies changing gender and family dynamics. "If they follow through on those statements by relocating for her job or taking the day off when the kids are sick, even half the time, that's even better. The more people successfully model such relationships, the more men might turn these statements into real-life changes."

So men say they actually want a woman who is ambitious. Yet still, the subconscious psyche reveals something more caveman-like: that, in heterosexual couples, the male ego is bruised when a female partner excels. In a recent study,

researchers at the University of Florida found evidence that "men automatically interpret a partner's success as their own failure, even when they're not in direct competition." Even outwardly supportive men showed a drop in self-esteem when their partner did well.

Masculinity itself continues to be a highly complicated thing for men. As biological anthropologist Helen Fisher points out, "We come from 10,000 years where it has been the man who has been regarded as the sole family provider and if the woman worked, he was a failure. This is a time of transformation." The

So much bobbing and weaving to shelter a man's —> EGO ← can be exhausting

current generation is simultaneously young enough to expect that a partner works and makes their own money, and yet old enough to have that traditional model of males as the breadwinners. No pressure or anything.

Emanuel, 22, puts it in this way: "I think we're living in a particularly confusing time. You want to be a nice guy, but you run the risk of looking like a dick for doing the things that [used to be] considered gentlemanly. Should I hold the door? Should I pay? Will she think that I don't respect her ambition if I try?"

WORKING ON IT TOGETHER

Maybe the mutual struggle to get this stuff right is part of the slow process of, well, progress. Two-thirds of men and women under 29 believe that it's better for everyone when both sexes share in the breadwinning and domestic duties, found a 2008 report by the Families and Work Institute. As anyone who has read *Lean In* knows, sharing responsibilities is great for everyone. It leads to less guilty mums, more involved dads and thriving children. Working women have more stable marriages and better health.

But we're still figuring out the new model. "At work, if you lead a project or team, you are in charge. In a relationship, you have to take turns," says Sharon Meers, co-author of *Getting to 50/50*. If he's focused on timeliness, he can be in charge of getting everyone out the door. If you're picky about food, it's OK to do all the grocery shopping.

Taking care to protect his feelings isn't a sign that you are repressed by patriarchy. It just means that you value your partner. "There is not a bone in my husband's body that is threatened by the fact that I'm a higher earner than he is," says social historian Stephanie Coontz, author of *Marriage*, a History. "And yet I just love making him tea in the morning. Relationships are about mutual favour-giving."

In the end, so much bobbing and weaving to shelter a man's ego can be exhausting. If your partner says that he supports your success, take him at his word. "Give him a chance to show he's strong enough not to be threatened and to be comfortable with sharing in the decision making," Coontz says. "And if he's not [comfortable], maybe it's time to find another guy."

Even Liz Anderson eventually decided she should just put her "whole" self out there and updated her OkCupid profile to accurately reflect her life. She hasn't found her match yet. "But when I meet someone," she says, "he'll know up-front what he's getting into."

94%

of men would be glad to date a woman who makes more money than they do.

MEN WANT YOU TO STEP IT UP!

Cosmo
surveyed more
than 1000 men,
aged 18-35,
about your
leaning in.
Short version:
they're for it.

95

PER CENT
OF MEN
WOULD BE
HAPPY AND
PROUD IF
THEIR
PARTNER
WAS
PROMOTED.

of men say ambition makes a woman attractive.

16

PER CENT OF MEN MAKE MOST OF THE RELATIONSHIP DECISIONS.

of men like it when a woman takes the lead.

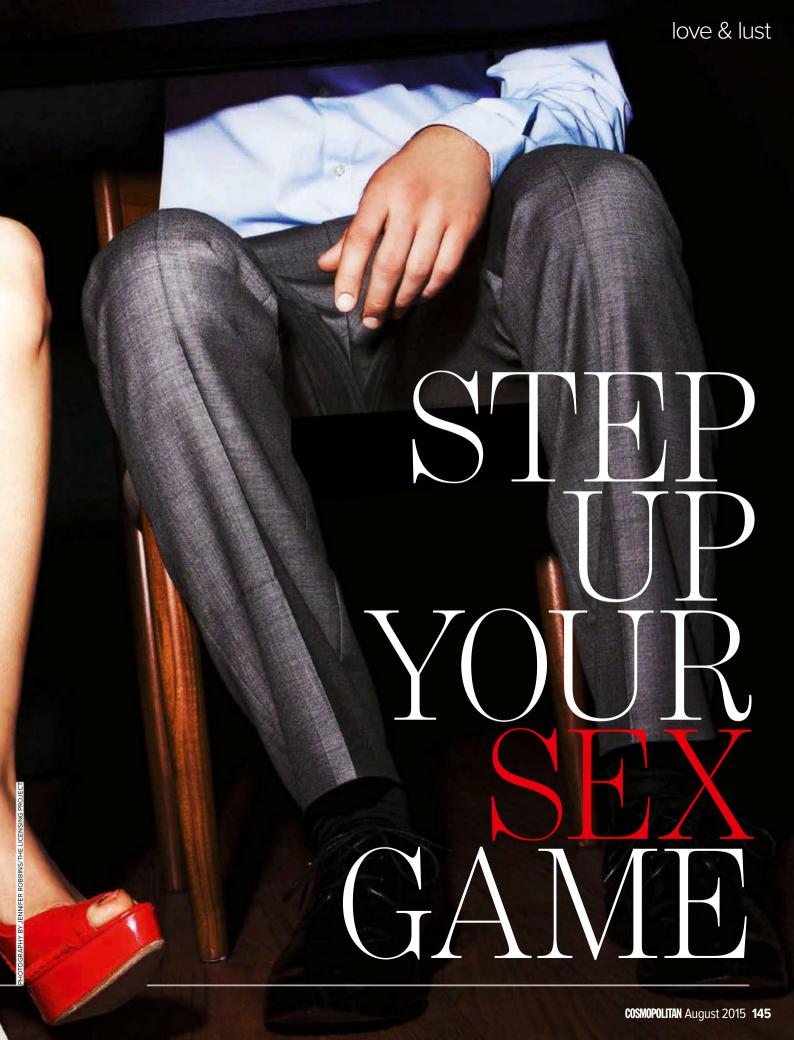
per cent of guys say they do half (or more) of the housework.

86

PER CENT
OF MEN
WOULD TAKE
PATERNITY
LEAVE IF
IT WAS
AVAILABLE
TO THEM.

per cent of men worry people will think their partner wears the pants.





8 TEXTS THAT = FOREPLAY **ALL DAY**

9am "Can't focus on work. Already obsessed with seeing you tonight."

Noon "Hev. remember that time we [insert salacious memory here]?"

2pm "So... what's your fave part of my body to touch?"

4pm "I'm so distracted at work, and it's all your fault."

6pm "Next time I see you, once ain't gonna be enough."

7pm "I'm in bed in my undies. What would you do if you were here?"

9pm "Well, I quess I'll just have to take care of myself."

9.05pm "Oh, you're outside the door? Be right there!"

Upgrade your naughty toy drawer RAB No bunny Tass voll



No bunny ears, no problems. Toss your OG rabbit, and splurge on this one. Its "waving" motion is meant to stimulate your G-spot, but its stubbier part (ears!) gives your clit some love too. Lelo Ina Wave, \$179.95, randyfox.com.au

HOTTER HANDCUFFS

The modern way to kinkify a standard bang sesh: electric sex. The finger pads are your clit's BFF, featuring both regular vibration and gentle electrostimulation. How Fifty Shades of you! Hello Touch X, \$179.95, aphroditespleasure.com.au

BETTER BULLET

Meet the Ariana Grande of tovs: small and adorbs but packs a serious punch. The twist? It comes with a handy finger ring, so it'll never slip your grip when you're getting busy with yourself. Kinki Stix Bullet, \$17.45, redsexshop.com.au

RACIER RING

Your current version has only one vibration setting and a tendency to shift around his shaft (so not clit-friendly), but this deluxe penis ring stays put and has seven vibe patterns. Ohmibod Lovelife Share Couples Ring, \$79.95, ohmibod.com.au

CONDOM

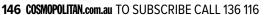
They're designed for people with latex allergies but that doesn't mean you can't use them, too! The closest a condom can get to feeling like real skin. Durex RealFeel Condoms, \$9.99, durex.com.au

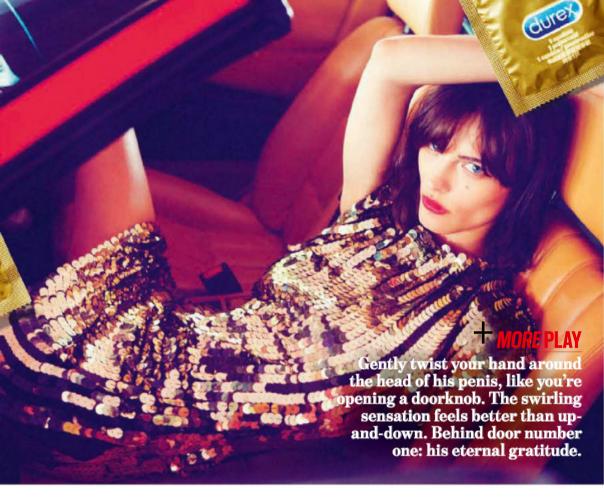
LUXE LUBE

A pure, simple blend of silicon and vitamin E that stays wetter for longer. No more mid-coital reaching for the night drawer. Uberlube, \$18, uberlube. com



Chances are, he slips a finger in the front of your undies. Change it up by guiding his hand in from behind - a fresh new twist on a classic fondle.





POSITION IGNITION

REIMAGINE YOUR GO-TOS IN BOMB NEW WAYS — AND NEVER BE BORED IN BED



UPGRADE GIRL-ON-TOP

VORDS BY ANNA BRESLAW. "NAMES HAVE BEEN CHANGED TO PROTECT THE KINKY CONSUMERS. PHOTOGRAPHY BY BEN GOLDSTEIN/STUDIO D; SEVAK BABAKHANIPAJER; STEFAN GIFTTHALER/THELICENSINGPROJECT.COM/SNAPPER MEDIA. ILLUSTRATIONS BY TIMOTHY HUNT

THE WILD MARE SEX

Lean back on your elbows and hook your legs over his shoulders (not as hard as it sounds, really). Then raise your bum slightly so you're hovering as he thrusts. G-spot action + clitoral access = sex win. UPGRADE REVERSE COWGIRL

THE STROKE SHOW

While giving him a VIP view of your bum, use that control for shallow strokes. They stimulate the sensitive front third of your vag. As you near the finish line, go deeper.





UPGRADE MISSIONARY

THE G-SPOT MISSIONARY

Stack a couple of pillows under your bum, and prop your feet up on his shoulders. It's a soupedup angle for G-spot stimulation... and an ab workout, because #multitasking, bitches. UPGRADE DOGGIE-STYLE

THE FREAK ON A Leash

Enhance the old standard by having him grab a pashmina and wrap it around your hips – he can use it to pull you closer. Who knew your \$10 street stand scarf doubles as a sex prop?



+ MORE PLAY Usually get oral with your legs spread like a cheerleader midjump? Intensify your O by stretching your legs straight out, stimulating the pelvic muscles you use to climax. Go, team orgasm!

UPGRADE YOUR SEX-TERTAINMENT

Y TU MAMÁ TAMBIÉN (AND YOUR MOTHER TOO)

"Nobody should have to choose between watching Diego Luna and Gael Garcia Bernal have super-enthusiastic sex. This movie has both. So tight." – STACY, 28*

L'AMANT (THE LOVER)

"A beautiful young French girl and an older (hot) Chinese businessman fall in forbidden love. Think a French *Fifty Shades*." — ELLE, 30

CW'S THE ORIGINALS

"I know vampires are done, but the whole 'biting and sucking your neck' thing? I love that." – VICTORIA, 22

ATONEMENT (film adaptation)

"James McAvoy, period costumes, a dimly lit library, James McAvoy... um, this is anonymous, right?" – NATALIE, 24

A SPORT AND A PASTIME, by James Salter

"My boyfriend and I read it out loud to each other. We're dorks, but it works." – JULIE. 27

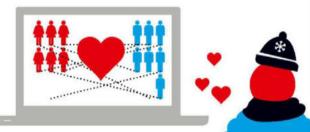




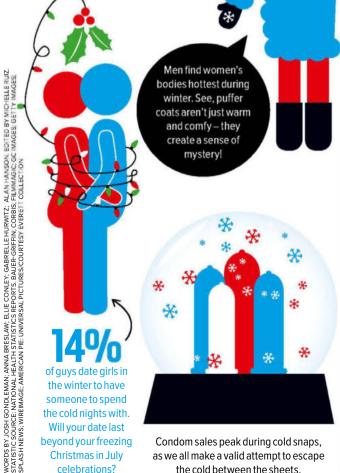
FOR MEN. AVERAGE MEN. NOT, LIKE, HUGH HEFNER.

THIS IS HIS BRAIN ON WINTER

Does his libido plummet along with the temperature? Here's what the impending polar vortex does to the male sex drive



Dating-site enrolments jump as much as 30 per cent during the cold months.





of guys date girls in the winter to have someone to spend the cold nights with. Will your date last beyond your freezing Christmas in July celebrations?



Condom sales peak during cold snaps, as we all make a valid attempt to escape the cold between the sheets.

DARWINIAN DATE NIGHT

THE BOYFRIEND'S "ROMANCE" EVOLUTION

Once he's seen you sans makeup and you know each other's pooping habits, what does he consider romantic? The answer may just surprise you...





DADDY ISSUES

GUYS SPILL: THE BEST DATING ADVICE THEIR DADS EVER GAVE THEM

Do fathers really know best? We investigate. (Spoiler: mostly)



"It's OK to masturbate. Don't let anyone tell you otherwise." - WILLIAM, 30



"If a woman asks you how old you think she is, always say 25... within reason. If they're younger than 25, they want to feel older, and if they're older, then they want to feel younger." - TIM, 25



"Lock the bathroom door. Nothing kills a romance like your girlfriend seeing you on the toilet." - ADAM, 23



"The best relationships begin when you're friends and it turns into something more." - JACK, 23



one is not enough, and three is too many. Two is perfect." - BRIAN, 31



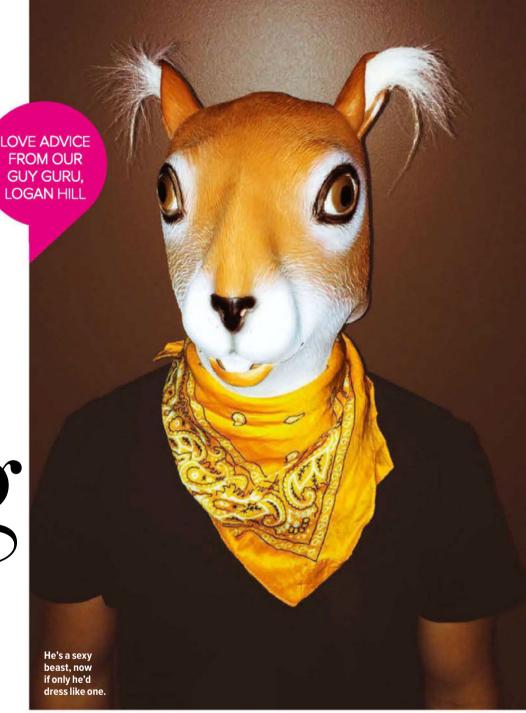
"Sex is a lot of fun and everyone does it - birds, bees, cavemen – but it's the best when it's with the right person. Then it really means something." -ZACH, 24

ask him anything

Q. MY MAN'S A BAD DRESSER.

HE'S STILL WEARING UNIVERSITY
T-SHIRTS, AND WE GRADUATED
FIVE YEARS AGO. HE REFUSES
TO GO SHOPPING WITH ME. HELP?

A. In my time as a man, I've learnt two things: (1) Guys take most criticism as nagging, but they're suckers for sexual compliments; and (2) Most dudes wear clothes that are too big. That's why their shirts often look like wrinkled couch pillows. It would sound like nagging if you said, "You dress like a firstyear student. There's nothing left of that T-shirt but Doritos dust!" But he'd respond well to, "You'd look so hot if you wore clothes that fit your body." Then work up to "I've always fantasised about going down on a guy who's wearing a bespoke suit."



Q. I always buy the condoms... and the lube and the morning-after pill. How can I hint to my boyfriend that I'd like him to split the sexual costs?

A. Hints are for birthday gifts, not contraception. You can try bringing it up in a jokey way: "Hey, if I buy anymore condoms, I'm gonna need protection for my credit rating score!" Or just be direct: "You owe me \$10 for condoms." You could also just text him before your night together: "Hey bae, can you get condoms and lube on your way home?" It will be a small price to pay for getting it on with you.

Q. My relationship feels like it is based too much on sex. What can we do to bond outside the bedroom?

A. Easy fix: Spend more time outside the bedroom. Meet up for drinks – or mini golf or a concert – before bootycall o'clock. After morning sex, go to brunch or on a bike ride. And don't be afraid to tell him how you feel. You want to talk more? Ask him questions that spark conversation. "What's the one place you are dying to go in the world?" "What did you want to be when you were growing up?" "Why are you so good in bed?"

Q. I just got a save-the-date for a good friend's destination wedding coming up in six months. I recently started getting more serious with someone, and I want to invite him. Will it freak him out?

A. Probably. If you're just getting serious, you don't need to lock him in as your plus-one now. Just wait another two to three months before asking - that's plenty of time to see where things go with the bro and to book the trip. Sounds like what you really want to know is if he plans to be around in six months. So put the save-the-date on your fridge and tell him you're hopeful: "If things are still going well in December, we could have a blast at my friend's wedding."

......

I'M OBSESSED WITH THE CUTE BARISTA WHO MAKES MY ICED COFFEE EVERY DAY. HOW CAN I ASK HIM OUT?

A. A barista is used to women telling him what they want. So go for it. In the middle of the morning rush, smile, slip him a card with your name and phone number, and tell him, "I'd like to get you coffee next time" as you drop your tip in the jar. Or come back when it's slow and chat him up. But if you go that route, just be friendly without using a line. Instead, just say hi, tell him your name, and say you've decided you're taking him for drinks. Yes, you tell instead of ask - you're already asking him out; no need to be shy. After all, he deserves a (Venti, extra hot) night out.





SEX Q&A

No-BS responses to questions you can only ask Cosmo



. My fiancé wants us to give each other "road head". What's the safest way to do it?

A. How about slightlyoff-the-road head? "They say if you have to text, pull over. The same goes for sex," explains Cindy Struckman-Johnson, a professor of psychology. O-ing on the open road is dangerous. In her study, almost 40 per cent of carsexing couples said that it had led to speeding or drifting across lanes, and 11 per cent said they let go of the steering wheel.



Q. I'm in an LDR. We've Snapchatted and Skyped each other to death. So What's a new way for us to have fun and tease each other online?

A. Create naughty email handles solely for sex talk, suggests clinical sexologist Anna Randall. You can use them to send midday fantasies, pics and videos. Every time you get a notification that Stallion69@yahoo.com has sent you a message, it will push you over the edge and make you race over to the screen.



Q. My boyfriend expects me to be ready for sex after a little bit of making out and touching (I'm not). How can I get him to (fore)-play for longer?

A. It can take up to 30 minutes to become fully stimulated, so "don't just leave it to your boyfriend to get you ready," says Nan Wise, a cognitive neuroscientist who is a specialist in sex research. Take charge of things and just start touching yourself. Show him that a hot opening act makes the main event hotter.



What's the best sex toy... that's small enough to fit in my purse? The Iroha Mini (\$39, missx.com.au) isn't much bigger than your lip balm egg. Pulse it on your clitoris while touching yourself or during intercourse. Trend alert: powerful yet pocket-sized orgasms.













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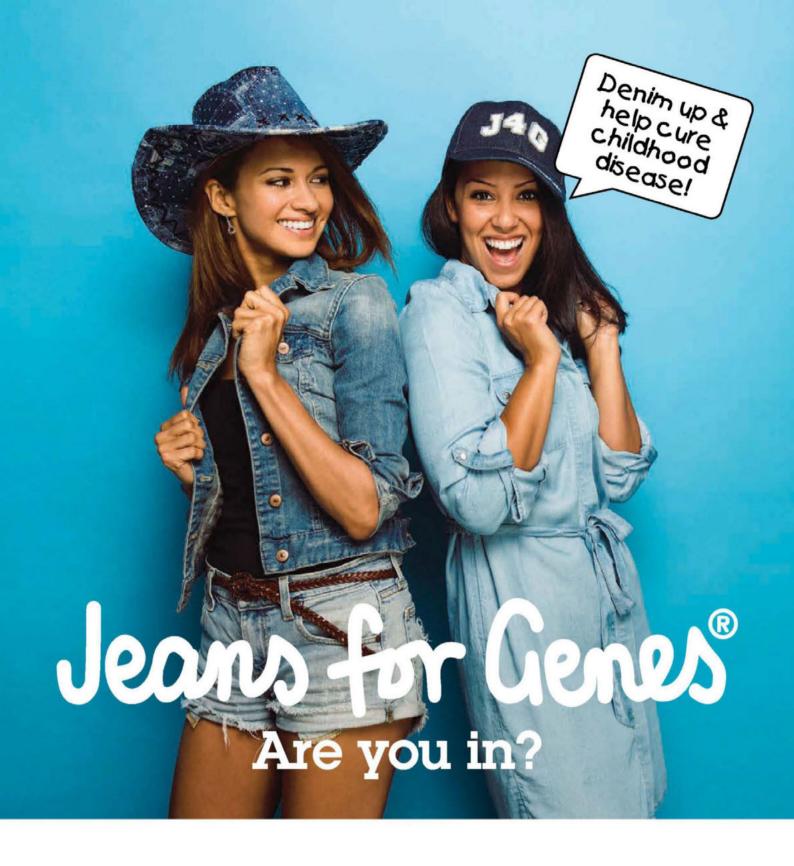














Friday 7th August 2015

DONATE NOW jeansforgenes.org.au

5 WAYS TO RELAX THAT AREN'T MEDITATION

As much as we love sitting still with our eyes closed, these are more fun

JUMP, DON'T RUN We all know going for a run is great for reducing stress. However, bouncing on a trampoline is 68 per cent more efficient than a 30-minute jog, according to NASA scientists. So grab a friend and head to an indoor trampolining site like Sky Zone Trampoline Park (skyzone.com.au) or Flip Out (flipout.net.au). Guaranteed you'll sleep well that night.

GOT CAKE? Take a deep whiff of that chocolate brownie you just bought 'cos it will make you feel chilled AF, according to the Smell & Taste Treatment and Research Foundation of Chicago. (Smelling it, not eating it - soz about that.) The same thing goes for any smell that reminds you of something comforting, familiar and delicious.

GO FOR ROPE Download Zen Bound (\$3.79 from the App Store) for a soothing way to pass the commute time. It's a puzzle game where you wrap items in rope. Weird, but effective.

WATCH IT Sleep whisperers make YouTube videos of themselves lightly tapping on cardboard boxes, quietly rustling plastic and making other noises that are said to trigger autonomous sensory meridian response (ASMR) and make you sleepy. Check out TheWaterwhispers.

PRESS THE POINT Apply gentle pressure to the space between the knuckles of the index finger and middle finger. Sharon Melnick, author of Success Under Stress, says this will create calmness.





y SoulCycle instructor

Australian accent (I was from New York) and sleek black pompadour. Midway through a slow, resistance-filled climb to Sia's tear-jerking song *Breathe Me*, Nick yelled passionately into his headset microphone: "Don't apologise to anyone for being who you are! They should be apologising to you for trying to make you change who you are."

I choked back a sob. It was as if Nick was speaking directly to me – I wasn't a little girl anymore, and I couldn't let my parents tell me what to do. They loved me fiercely, and I loved them back. But I had to live my own life.

After that first magical class, Nick became my workout boyfriend. I signed up for his (and only his) classes. I tweeted my love for him for people all over the world (OK, my 2500 followers) to see. I woke up before 9am on the weekends It was serious fitness monogamy.
I'd found 'the one' who motivated me

- -

- something I do for no man - to get to his classes on time. And I would always linger afterwards to sweatily double-cheek kiss him goodbye. It wasn't at all romantic - both Nick and I had husbands - but it was serious fitness monogamy. I'd found "the one" who motivated me to come back week after week, and who helped strengthen not only my core but also my spirit.

A good relationship is supposed to make you a better person, and this one did. Nick's classes made me calmer and more empowered, which helped me get a handle on my family stuff. Plus all the sweat (and occasional tears) was paying off – I was in better shape than ever. I was so happy with my abs, I was Googling crop tops.

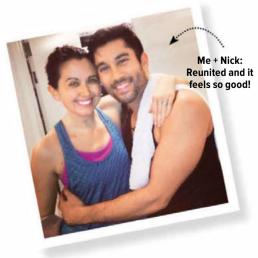
So imagine my horror when Nick broke up with me. Nine months after I discovered his class, he announced that he was moving to Beverly Hills to open a new SoulCycle studio. The timing just couldn't have been worse. I was newly pregnant and freaking out about my life and body changing forever.

As with any ex, after he left me, I stalked Nick's Facebook page. It hurt to see him shouting out his new class schedule in California. I was jealous of his new students. But I couldn't forget what I learnt from him: SoulCycle made me feel sexier and more sane. He had helped me to get so far – mentally and physically – I couldn't give up now. Even if he wasn't there to do it with me.

So I rebounded with Danny (his rendition of *Hit Me Baby One More Time* during sprints was pretty cute) and Noa (the tattooed bad boy with a heart of gold). I continued cycling up until three weeks before giving birth and returned six weeks after my daughter was born. I felt happy and healthy the whole time. There will never be another Nick, but the motivation he inspired in me lives on, kind of like an epic love story.

Lucky for me, Nick comes back to New York for a visit a few times a year. And we have awesome, sweaty reunions every single time.

FIND "THE ONE" (AT THE GYM)



Bonding with a trainer produces better results, because you're more likely to show up for workouts and you'll push yourself harder while you're there. Here's how to find true love

INTRODUCE YOURSELF

Say "hi" before class and "thanks" after. Don't be intimidated by an eight-pack. Your instructor wants to meet you and cheer you on by name ("You can do it Michelle, you sexy bitch!").

SHARE YOUR GOALS

Prepping for a big event? Kickboxing your way through a break-up? Tell your teacher what your intentions are — she'll personalise her coaching to help you reach them.

FOLLOW HER ON TWITTER...

...and Facebook and
Instagram. You'll have easy
access to her schedule, and
inspirational posts – "The
world is your goddamn
oyster!" – will boost your
motivation.

LOCK BETTER BETTER NAKED (AND HAVE MORE FUN!)

A stronger core, improved flexibility and extra stamina make good sex great. Plus, your abs and bum will look insane. Do these moves from trainer Jennifer "JJ" Johnson, and enjoy the pay-off tonight

GIRL-ON-TOP

Get on all fours, with wrists under shoulders and knees under hips. Extend right leg behind you, pointing toe towards ceiling. Pause, then bend right knee, bringing leg outside right elbow. That's one rep; do 10 reps, then switch sides to complete set. Do three sets.

MORE ABS? Do this move from plank instead of all fours to increase the difficulty.







SEXY BRIDGE

Lie face-up with hands at your sides, knees bent, and feet flat on the floor. Lift hips to make a line from knees to shoulders. Squeezing your abs and bum, pulse knees out and in. Do 30 pulses. That's one set; do three.

GO FREESTYLE Instead of pulsing horizontally, on the second set, take it vertical, thrusting your bum up a few centimetres and then down. You'll see results in your bum and abs.

BOOTY-POP SQUAT

Stand with feet a little wider than shoulderwidth apart, toes turned out, and arms extended at shoulder height in front of you, hands together. Bend knees to squat. Pop your bum to the right; pause, then pop it to the left. That's one rep; do 10. Then do three sets.

TRUST COSMO Kegels (when you squeeze your pelvic muscles like you're holding in pee) really can boost your pleasure - and his. Do a kegel with each booty pop.

A LITTLE TO THE LEFT

Lie face-up on the floor with legs straight. Lift shoulders and legs a few centimetres off the floor, then draw right leg towards chest. Grasp back of right leg with both hands, and turn head and shoulders to face it (like a bicycle crunch). Lower right leg to meet left leg (don't let legs touch floor), and repeat on opposite side. That's one rep; do 10. Then do three sets.

REALITY CHECK JJ is one of the most flexible humans alive. It's OK if you can't go far - stop when you feel your hamstrings engage but before they hurt.

GO-LONGER PLANK

Get into the high-plank position. Step right foot forwards, outside right hand. Slowly twist your body to the right, and extend right arm and leg to point up towards the ceiling. Hold for 30 seconds (or for as long as possible), and return to lunge position, then to plank. Repeat on opposite side. That's one set; do three.

SET THE MOOD This workout demands a sexy playlist. We suggest cueing up Jessie Ware's Tough Love or Madonna's Erotica album. Liz Plosser

SERIOUSLY, HOW CAN YOU NOT KNOW YOU'RE



PREGNANT?

We've all heard the news stories... but surely there are signs! We asked an expert for an explanation

eight gain. Sore boobs. Morning sickness. Cravings. Fatigue. No period. A human kicking your internal organs.

The list of pregnancy symptoms is long and well-documented, which is why it's always so bizarre when you hear of a woman who has absolutely no idea she's pregnant until she goes into labour. Take the case of 22-year-old Australian Kate Hudson, who was travelling around Europe last year when she found out she was 38 weeks pregnant, or American Shelby Magnani, who made headlines last October when she had twins without knowing she was pregnant. Both women were young, healthy and unaware that they were soon to be mums. Crazy, right?

Well, it's not that uncommon. Approximately one in every 450 women don't know they're pregnant until the 20-week mark, and one in about 2500 won't know until they actually pop their baby out. To put that in perspective, it's more common to not know that you're giving birth until you're practically in labour than it is to have triplets, where the chances are one in 6889.

The question is how? There are so many pregnancy symptoms that it is confounding to think that, in some women, they just don't appear at all. We quizzed Dr Stephen Robson, the vicepresident of the Royal Australian and New Zealand College of Obstetricians and Gynaecologists, for some answers.

What are cryptic pregnancies?

When women don't realise that they're pregnant, it's called a "cryptic pregnancy". There are two types - hidden (where the woman's body didn't give her symptoms or she was able to rationalise them) and denied (where the woman blocks out the pregnancy). Denied cryptic pregnancies are less common, says Dr Robson, and usually occur in women with mental health issues or intellectual disabilities.

So how does it happen?

Most of us freak out when we don't get our period - it's enough to send anyone, whether she wants to be pregnant or not, straight to the chemist for a pregnancy

test. And while these over-the-counter options are generally fairly accurate, sometimes our bodies "lie" and don't reveal a pregnancy. The hormone that's responsible for informing the body of a pregnancy, hCG, is often undetected in very early pregnancy, meaning tests can come back negative. In some cases, levels of the hormone remain low throughout a pregnancy. Research by evolutionary psychologist Marco Del Giudice shows that this is often the result of stress. The hormone levels are lower to reduce the "costs" of pregnancy to the mother – it's evolution's way, he says, of ensuring the baby stays alive, with minimal impact to the mother. This might account for the reportedly cryptic pregnancy of Fijian-born British soldier Lynette Pearce, who gave birth five weeks prematurely while serving in Afghanistan in 2012.

Cryptic pregnancies often occur in women with irregular periods, too. "I see a cryptic pregnancy once every few years, and they are almost always first-time mums whose periods are all over the place," says Dr Robson. "When you don't get your period like clockwork, I can certainly see how you might forget it altogether." There are other factors at play, too - very athletic women often have irregular periods, and sometimes women who have put on a lot of weight (say, when they're pregnant) believe it's normal for their periods to disappear as a result. Additionally, some women do experience bleeding that can be mistaken for their period during pregnancy – for instance, as a result of placenta previa, where the placenta sits over the cervix.

Dat tummy, tho

OK, so maybe your pregnancy test came back negative. But at a certain point, don't these women put on weight, like most pregnant women? Not always, says Dr Robson. First, low levels of hCG keep mothers' weight down (often meaning their babies are underweight). Second, if they do put on weight, it's usually quite gradual. "It's a bit like the question of the baby kicking," says Dr Robson. "At first, it's a few flutters, so women put it down to indigestion. It's the same with weight - women think, 'Oh, I put on some weight after Christmas' or similar. After a while, it's a lot of movement, and

a fair bit of weight, but it's gradual, so people tend not to notice it as much. They get used to the feeling and the weight, because it's over months and months."

No morning sickness, then?

Nope. Pregnant women who have higher levels of hCG have more severe and frequent morning sickness, so it makes sense that women with lower levels don't experience nausea at all. And if they do, says Dr Robson, they can explain it away. "If it doesn't happen often, women might think it's food poisoning or a virus. If you have no other symptoms, it's easy to rationalise it away."

No symptoms = best pregnancy ever?

So you've got no symptoms, continue to eat soft cheese and guzzle G&Ts and still have a healthy baby? Great! Does this mean we're all being a bit too zealous about pregnancy in general? Nope, says Dr Robson. "While the risk of listeria (caused by the bacteria found in soft cheeses, deli meats and soft-serve icecream) to pregnant women is still fairly low, it's high enough to be concerning. I've only ever seen a couple of babies die from listeria infection in the mother, but when it does happen, it is just so tragic. You'll most likely get away with it, but is it worth the risk?" It's the same with alcohol, says Dr Robson. "There is still no clear answer to the question, 'Can I drink during pregnancy?' so we err on the side of no. When foetal alcohol syndrome is at stake, it's better to be safe than sorry." Lauren Sams

EVEN DOCTORS GET

"I got a call from the ER one night," recalls Dr Robson. "The doctor said, 'A woman has come in with pain, she's having cramps every few minutes and there's a hairy mass protruding from her vagina.' I said, 'Do you think she might be in labour?' I've never seen a doctor more embarassed. So I understand how cryptic pregnancies can fool women - they fool doctors!"



How would you deal if your genitals completely turned against you? Cassie*, 38, from Sydney, tells her story...

to even look at.

As twentysomething newlyweds, my husband Ben* and I should have been having all the sex we wanted, but for the first time in our six years together, I was hardly ever up for it. All the scratching



I was doing was pretty much the only action I'd been getting. If you put it that way, I was getting "action" all the time: midway through a movie, catch-ups with the girls, heck, even at the dinner table... Sitting still was such a struggle, I would have to get up and bolt to the bathroom for a scratch. Luckily I was in between jobs at the time, but I knew I needed to sort myself out before getting back into work life (no boss would be happy with 15 bathroom trips a day).

"There's so much inflammation, I can't really see what's going on," the GP said when I went in to get it checked. It was like he'd never seen anything like it before. Listening to me describe my symptoms, he suspected it might be a rash that turned into a skin infection, and put me on some antibiotics. They didn't do much; I was still itchy and sore as hell, but convinced it was a temporary thing. Surely a rash can't stick around for too long, right?! I was so wrong.

It spread to my bum, and I started getting all these white spots around the area. After waiting for months to see a dermatologist, I finally got answers. I had an incurable skin condition called vulval lichen sclerosus (VLS) - an itchy, inflammatory disease where the vaginal opening eventually closes up and the structure literally disappears if it's left untreated (think no clitoris or folds). I was told it's known more commonly to affect older women, but I wasn't even 30, and my vagina was eating itself up.

With no cure, I was determined to at least manage it - I was sick of my vagina getting in the way of day-to-day life, applying for a job or enjoying special moments ("Sorry I can't make it to your wedding ceremony - I don't want my bathroom trips to piss people off!")

Plus, I had to find a way to make my sex life with Ben work. We'd only had sex a few times that year, and each time was painfully uncomfortable - just like losing my virginity all over again.

However, the creams and surgeries that help most women with VLS weren't working well on me. I'd have some small successes amid the flare-ups, and brief windows of opportunity where Ben's eager hands wouldn't be slapped away, but for the most part, I couldn't get on top of the condition.

Slowly, over the years, my vulva started changing. My inner folds started disappearing, thickened skin and scar tissue started growing over my clitoris and having intercourse became more of a challenge. Having VLS can often mean conceiving and giving birth are more difficult, but we made it happen - the rare times that I wasn't experiencing a flare-up, we made sure we had sex. Even if it was a bit painful, I was determined to have a baby. We were ecstatic when we welcomed our daughter just before I turned 32. Trying for the baby was pretty painful at times, and I don't think I could try for another – I've resigned myself to the fact that our sex life is pretty much at a standstill.

It's been about a decade now and in recent years I've had a world-expert team treating me and monitoring my progress - my VLS is severe, but I've been able to get back into casual work.

Ben has been so supportive. I can appreciate his needs, but at the same time, it'd break my heart to find out he was swinging by brothels or having an affair. He's reassured me that there's so much more to our relationship than sex - we have a family and a life together.

My day-to-day life revolves around VLS – I apply my treatment religiously, I don't sleep with a blanket (heat can aggravate it), and I take the Pill so I don't get my period (also an aggravator). But I always remind myself how grateful I am for getting treated. Five per cent of women with VLS develop cancer, and I know I won't be one of them.

WHAT IS VLS?

VLS expert Associate Professor Gayle Fischer gives us the lowdown

Lichen sclerosus is a skin condition that causes severe inflammation and itching most commonly around the genitals, but can affect other areas.

Left untreated, VLS can lead to shrinking of the vulva, disappearance of the clitoris and inner folds, and a smaller vaginal opening. Sufferers are also at risk of vulval cancer.

The cause is unclear, but VLS is known to run in families. It typically affects women around menopause, but can affect all age groups.

It's often misdiagnosed as thrush, so it's unknown how many women VLS affects, but experts predict it could be as high as one in 30 women. Over 1000 women have presented with this condition at Professor Fischer's Sydney clinic alone.

Once the structure disappears it's irreversible, but treatment can stop the condition from worsening. A recent study** showed that ongoing steroid cream treatment reduces cancer risk and also preserves the vulval structure.

If you're concerned, see a dermatologist and visit caredownthere.com.au.

dotrybuy

See what made our shortlist this month



1. Warm fuzzies

Rug yourself up with a rom-com and a bowl of Campbell's Simply Soup this winter. With up to six serves of vegies, your bod will thank you. RRP \$3.79. Available at your local supermarket.



2. Pore-tion control

Make your pores behave with Bioré Charcoal Pore Minimiser. The combination of exfoliating particles and charcoal's natural ability to draw out impurities will leave your skin looking (and feeling) flawless. RRP \$10.99. Available at Woolworths, Priceline and selected pharmacles.



3. Health goals

Worried your diet of coffee and chocolate isn't giving you enough nutrients? Fear not! Two teaspoons of Vital Greens all-in-one supplement powder will amp up your vitamin, mineral and probiotic levels in no time.

Visit vitalgreens.com for more.



4. Chia chums

For skin good enough to eat, work chia into your beauty routine with Goodness Natural Beauty Lab's Certified Organic Chia Seed Oll. RRP \$12.95-\$19.95. Available at Priceline, Priceline Pharmacy, Chemist Warehouse, My Chemist and Woolworths stores.



5. Lather up

head & shoulders is the world's number one shampoo* for good reason. The Smooth & Silky formula is rich in intensive moisturisers to help soften and restore dry, frizzy hair to a smooth, silky look while staying flake-free.

RRP \$12.49 each (400ml).

*P&G calculation based on Nielsen sales information July 2012-June 2013.











\$49.95. Adairs (adairs.com.au)

OF THE BUNCH

Cushions can be tricky. How many is too many? (No such thing.) Can you clash prints? (Yes!) They are the best way to jazz up your space. And when you're over them, you can just switch out the covers



\$24.95, Typo (cottonon.com.au/typo)



\$49.95, Aura by Tracie Ellis (aurahome.com.au)



\$24, Peter's of Kensington (petersofkensington.com.au)



\$39.95, Adairs (adairs.com.au)



\$19.95, H&M (1800 828 002)



\$14.95, H&M (1800 828 002)



\$15, Target (target.com.au)



\$49, Castle & Things (castleandthings.com.au)

Cosmo's best reads this month



Happily Ali After by Ali Wentworth

The razor-sharp Wentworth tries to quit cynicism cold turkey - and it might not be so bad after all.



The Nakeds by Lisa Glatt

Nudist parents could be the least of Hannah's problems in this domino-effect tale set in '70s California.



Fat Girl Walking by **Brittany Gibbons**

Blogger Gibbons gets really real about plus-size life (and refuses to apologise).





\$39.95, Freedom (freedom.com.au)



\$34.95, Eb&ive (ebandive.com.au)



\$10, Ikea (ikea.com/au)





\$69. Paddo to Palmy (paddotopalmy.com.au)



\$59, Castle & Things (castleandthings.com.au)



\$95, Dear September (dearseptember.com.au)



\$89, Kip & Co (kipandco.net.au)



Sick in the Head by Judd **Apatow**

The comedy auteur chats with funny people like Amy Schumer.



August 23 kicks off National Op Shop Week so here's how to get involved

- Get off the beaten track: "From my experience, the best stuff isn't from the cool areas. The outer suburb Salvos are your friends." - Erin Hutchings, owner of **Dolly Up Vintage**
- Read the paper: "If you're visiting smaller towns, check the listings in the paper. I've been to garage sales on the coast selling clothing and furniture from the 1940s because it was their grandmother's house." - Lucie Ferguson, jewellery designer at Baby Anything
- Take a friend: "Take a friend whose taste you trust. They can help narrow down your choices and stop you from purchasing items that you won't actually wear out of the comfort of the store."
- Erin Hutchings, owner of Dolly Up Vintage
- 60 per cent of vintage is awful: "Denim is always good to buy as you can cut into shorts and fray them, and I always look in the men's section for Rocky tees to customise. But op-shop accessories are my favourite. They're always quirky and stay trendy."
- Nicole Lucas, junior fashion editor at Cosmo
- Befriend a tailor: "Look for prints and fabrics that you like and will be able to customise. The quality of the fabric for the cheaper price point means you can spend a little more on customising."
- Nicole Adolphe, fashion director at Cosmo

VINTAGE WARES POPPING UP NEAR YOU!

For more information and to support National Op Shop Week and Salvos Stores, visit salvosstores.salvos.org. au/betterwear/ or call 13 SALVOS (13 72 58).



inner feminist.

Love May

Fail by



Co-owner of homewares brand You & Me Boutique Abby lets us crash her pad

What do you love most about your home?

It has that warm, homely feel. Well, I like to think so.

Any favourite pieces and why?

My hand-carved buffalo skull. It's my prize possession. And I brought it back from my all-time favourite holiday destination, Bali.

What colours do you most love to use in your home?

Bright on bold, if you hadn't noticed. Any pieces you're currently looking to buy?

I am dying for an authentic Moroccan wedding blanket. Seriously!

What kind of atmosphere do you like vour home to have?

Inviting. Like you want to always be here. I love hosting, and I love when people enjoy coming to your house.

Where do you prefer to buy things to decorate your home with?

My favourite buys are always from Bali. Any top tips for lifestyle shopping?

Bedding! It's so important to have stylish yet simple bedding in your home. It can make or break a room! How many pieces from your business are in your home?

A lot. I'm like that crazy skull decor girl! No, really though I have about eight pieces.

Tell us about the skeleton head you brought back from Bali...

Well, I stumbled across him a few years ago now. Just before the skull frenzy really kicked in. It was so beautifully hand carved and you could see every intricate detail. I was so in love and thought that there was no way customs would let me back into the country with this thing. I tried my luck anyway and, well, I got through customs. Declared and everything.



GET THE LOOK



Pouf: \$160, Sketch & Jones (sketchjones.bigcartel.com)



Plant pot: \$2.99, Ikea (ikea.com/au)



Crystal plant: \$69, Krystle Knight Jewellery (krystleknightjewellery.com)



Light: \$40, Target (target.com.au)



Instax Share SP-1 Smartphone Printer: \$229, Fujifilm (fujifilm. com.au)



COSMO HUGS IT OUT WITH THE LEADING MANHIMSELF, ADRIAN **GRENIER**

- → SHY GUY "I think I'm the only guy in the Entourage group without brothers, so I'm the runt. Growing up, I was very shy and sensitive. A mama's boy!"
- → VINCE WHO? "I live a better life than Vince! I get to go home and be calm. I'm not as shy now, but I'm glad I live in New York so I can escape the crowd."

→ NON-NEGOTIABLES

"A confident, calm voice. You get a lot of insight into a person from hearing their voice. And hygiene. I like a girl who flosses."

→ TAKE HIS WORD FOR IT

"If I ever get married, I'm saying my own vows. You've got to think about what you're saying and committing to."

→ YOUR SECRET WEAPON

"A lot of times, insecurities beget rejection. It's not about how good-looking you are. It's attractive when you love yourself."

Entourage is in cinemas now.



Watch



WHO DOESN'T LOVE AN ANGSTY TEEN ROMANC

This month, Cara Delevingne and Nat Wolff star in the movie adaptation of John Green's bestselling novel, Paper Towns. Here are five reasons to see it...

- 1 Cara Delevingne's excellent American accent.
- 2 It's equal parts romance and mystery story.
- 3 There's climbing through bedroom windows. (Dawson's Creek fans, eat your heart out!)
- 4 It'll make you revisit the hoodie you wore all through high school as a legitimate wardrobe option.
- 5#FirstLoveFeels.



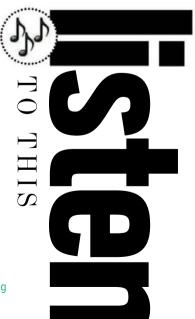
WILDHEART MIGUEL

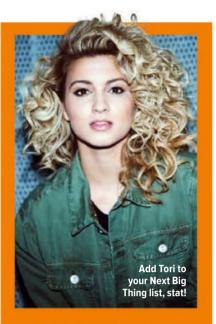
If Frank Ocean and Usher had a musical baby, it would be Miguel. His lead single Coffee sets the mood for the album. Expect plenty of smooth, sexy hip-hop sounds.



BORN IN THE ECHOES THE CHEMICAL BROTHERS

Festi-heads, get set for some floor-stomping bangers. Yep, after a five-year hiatus, these guys are back.





LIKE SAM SMITH? YOU NEED TO KNOW ABOUT...

TORI KELLY

THE YOUTUBE SENSATION **WAS HANDPICKED BY SMITH TO SUPPORT HIS UK TOUR. AND HAS DEBUT ALBUM UNBREAKABLE SMILE OUT NOW**

AGE 22

CLAIM TO FAME Her viral YouTube cover of Frank

Ocean's Thinkin' Bout You.

HIT YOU'VE HEARD

Nobody Love

YOUTUBE FOLLOWERS

Just over a million!

CLICKING ON "This food blog, Feed Your Soull... with two 'l's – it's ridiculous. I'm a huge foodie!"

FOLLOWING

"@discovernature – their posts are so relaxing."

LISTENING TO "Molasses by Hiatus Kaiyote."

ON SAM SMITH "We totally fangirl over each other. He's the sweetest person."



THIS WOMAN IS
BREAKING ALL
THE RULES
IN HOLLYWOOD

Gill Pringle chats exclusively to comedy's newest It girl — the ballsy and honest Amy Schumer

How did this even happen?" gasps Schumer, as she rushes into the small office at Universal Studios in Hollywood where I'm waiting to chat to her. She wriggles into a chair and tells me how her not-so-perfect life has led to her current incarnation as America's comedy It girl.

At 34 years old, she's been doing stand-up for 11 years, her dark humour born from cruel childhood lessons learnt when her family's bankruptcy ended her New York silver-spoon lifestyle. Moving to the suburbs, her parents divorced and her dad was moved to an assisted living facility after an early MS diagnosis.

"We all have f*cked-up families and tragedy in our lives. It depends how you choose to look at it," says Schumer, explaining that she coped by laughing through the pain, telling stories about her one-night stands at comedy clubs.

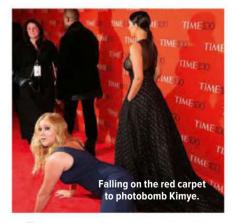
She's been talking about sex — and a whole bunch of other female issues — ever since, culminating in a critically acclaimed US TV series, *Inside Amy Schumer*, and today writing and starring in a semi-autobiographical movie called *Trainwreck*. "I'd say it's about 70 per cent my life. I don't drink as much as screen-Amy and I don't have as much sex."

Directed by king of comedy Judd Apatow, who previously championed Lena Dunham, she never imagined she'd actually get to star in her own movie. "I thought they'd want some babe like Kate Upton instead," or "somebody they say is funny but is a model..."

With a script inspired by her own fears of falling in love, she's presently single. She admits, "I would do Tinder if I wasn't in the public eye although I'm comfortable with being on my own."

Her comedy style, she says, is about humanising herself and other people. "Some of my stuff may sound shocking but it's just like, 'No! that's how we all are.' Everybody tries to put up such a good front but my comedy says, 'Look! We're all disgusting."

As for the future? "I'd like to end up living with my girlfriends, and maybe having a boyfriend once in a while – that would be my fantasy."





MMMORE!

Need a laugh? Scan the page for more questions with Amy Schumer.







IT'S TIME TO TELL US WHO YOUR FUN, FEARLESS FEMALES FOR 2015 ARE. GET THINKING, GET VOTING!

When you think of Fun, Fearless Females, who comes to mind? Is it someone like Sarah Hanson-Young, the youngest woman ever to be elected to the Australian Parliament? Maybe it's women rocking the business world, like Samantha Wills or Zoë Foster Blake. Or perhaps it's a game changer like Jesinta Campbell, who uses her platform for good causes. Or maybe it's an otherwise ordinary woman like burns survivor Turia Pitt, who is now a motivational speaker. Or maybe it's... you.

This year marks the ninth year of Cosmopolitan's Fun, Fearless Female Women of the Year Awards, and we are so excited to see who you nominate. With past nominees including Olympic swimmer Leisel Jones, TV presenter Samantha Armytage, radio personality Maz Compton and actress Ruby Rose, this year's nominees have big shoes to fill – but we're confident they will.



THE CATEGORIES

ACTRESS OF THE YEAR

SINGER OF THE YEAR

GAME CHANGER OF THE YEAR GIRL BOSS OF The year SOCIAL MEDIA Star of the year

FASHION DESIGNER OF THE YEAR

TV PRESENTER OF THE YEAR

SPORTSWOMAN OF THE YEAR RADIO PRESENTER OF THE YEAR



Head online to <u>cosmopolitan.com.au/funfearlessfemale</u> to nominate a woman who's made Australia a better, nicer, more fun and fearless place to be this year.



Where you should direct your energy this month...



24.08 - 23.09

Keep hustling! Friendships might Jupiter's arrival in vour sian on the 11th - one of your best days of the year - will usher in a wave of exciting new opportunities. Save some time for love when the full moon enters your zone of relationships on the 29th.

YOU NEED: To clearly articulate your desires.

THE VIRGO GUY: A new-found confidence has increased his swagger. Cue Beyoncé and show him how much you love his big... dreams.



24.09 - 23.10

feel like an awful game of Cluedo (who stabbed you in the back at the beach house with a mean tweet?). but after Venus and Jupiter unite on the 4th, you'll know who's on your team. Break away from any negative haters around the 8th.

YOU NEED: A luxe spa day to unwind and recharge.

THE LIBRA GUY: He's going round in circles over a major decision. Talk it through with him, then you gotta get him out of his head and in your bed.



24.10 - 22.11

If you're angling for a pay rise or promotion, stay alert for signs about when to make your move. Answers will start emerging around the 15th when the sun joins Venus in your zone of fame and success. Your love life will also heat up at the same time!

YOU NEED: To be flexible at work, even when others are behaving in an erratic manner.

THE SCORPIO GUY: He's in the hot seat at work. School him in the art of diplomacy with a lesson in giving and taking.



23.11 - 22.12

Not so fast, Sag - you may need to put your innate wanderlust on hold for a minute. The 3rd is a good day for intuition. so follow your gut. The 7th, a super-lucky day, could bring some positive attention your way from the big bosses.

YOU NEED: To balance your enthusiasm with practicality in order to shine.

THE SAGITTARIUS **GUY: Your boy is** becoming easily sidetracked these days. Grab his attention with a saucy private lingerie show.



23.12 - 20.01

You should keep analysing your relationships and aspirations. When practical Saturn goes direct on the 2nd, you will know the right path to take. Have a break from the intense soul-searching with a getaway around the 26th.

YOU NEED: Some extra spice in the bedroom. Don't be shy, go for it!

THE CAPRICORN GUY: He has great ideas but can be insecure. Show him how much you value his enthusiasm by encouraging him.



21.01 - 19.02

You might be thinking of having some fun with a former fling or something deeper with an old love. Either way, sparks will fly on the 19th when Venus makes a trine with your rebel ruler Uranus.

YOU NEED: To keep an open mind when it comes to love and romance.

THE AQUARIUS GUY: This month, you're his North Star. Relish all the attention by lying back and directing your man's hands southward.



20.02 - 20.03

You will get a timely boost by intensifying your fitness routine. And when the sun moves into vour house of relationships on the 23rd (kicking your love life into top gear), you will feel extra confident in your skin. Circle the 29th, it's going to be a ripper!

YOU NEED: A workout buddy to keep your motivation high.

THE PISCES GUY: He's reorganising his priorities, so be flexible in more ways than one to show him where you fit in.



21.03 - 20.04

August is about transforming vourself. Channel your inner fire goddess into securing a win that vou've been working towards, but don't forget the people who helped you get there. The new moon in Leo on the 14th might cast a platonic friend in a very different light!

YOU NEED: A fresh approach to a problem that won't go away.

THE ARIES GUY: His inner class clown is vying for attention. Spring for a toy that you can both enjoy.



21.04 - 21.05

A host of planets will be entering your sign's zone of home and family, making August an ideal time to spend with your loved ones. But be sure to do it during the first part of the month. as after the 23rd your focus will shift to more romantic matters.

YOU NEED: To breathe when family feuding hits a nerve.

THE TAURUS GUY: If he's feeling glum, show him you're not just a warm body but also a good listener.



22.05 - 21.06

If crossed wires threaten to derail your hard work. stay calm. You'll be rewarded with two golden days on the 6th and the 12th. Wind down on the 26th with a glass of your favourite red wine.

YOU NEED: To develop a new professional skill that'll take your career to the next level. Jump to it!

THE GEMINI GUY: Treat yourselves to a weekend break somewhere that has limited mobile reception for a reminder about the joys of taking life slowly.



22.06 - 22.07

Kylie Jenner's bold style and charisma

August 10, 1997

Your finances are looking fabulous! But instead of making it rain in celebration, you should focus on investing in your future. Make like a butterfly after the 15th by being more sociable than usual.

YOU NEED: Less stuff! Take an inventory and ditch what you don't need.

THE CANCER GUY: His love of partying has left him short of cash. Remind him that the best things in life are free by throwing a decadent indoor picnic for two.



THE LEO GUY

Chris Hemsworth 11.08

LOVES: Receiving praise without fishing for it.

HATES: Petty bickering and pointless rows.

DREAM DATE:

An all-day extravaganza that he's carefully planned from start to finish.

WIN HIM OVER:

By showing off your silly side and matching his energy on the streets and between the sheets.



23.07 - 23.08

Stellar gifts: Your sparkle and zest for life light up every room that you walk into.

Blind spots: Your dramatic style and confident manner sometimes intimidate others.

Fashion faves: More is more! You love to shine and accessorise with shades of gold.

Indulgence: A dressy dinner party where you get to play the hostess with the mostest.

Seduction style: Every bit the lioness, your mate never doubts who's queen of his jungle thanks to your thoughtful and elaborate surprises and playful flirting.

Your month: With Venus still in retrograde in your sign, you'll continue to reassess your romantic goals and priorities. You may feel inspired to act when assertive Mars moves up into your sign on the 8th, but don't jump the gun! Now is the time to watch and wait, no matter how much you want to bust a bold move. Financial gains you'll make after bountiful Jupiter moves into your house of income on the 11th will be reassuring, so treat yourself to something nice.

Your year: Your relationships with old friends and newly minted connections have huge potential to thrive this year. Embracing team spirit and sharing the spotlight with others will remind people why they want to be in your corner. Just believe in what you're doing and forge ahead. You will have plenty of time in December to celebrate all your wins in a festive way (maybe with mistletoe?).

You need: To jot down all your genius ideas and insights.







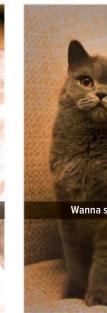












Da, da, da dum...









